

# *Tried Treasures*



THRIFTY - FIFTY - FIVES

KNOX UNITED CHURCH

TABER, ALBERTA

1961

**JOHNSON'S**  
( T A B E R )  
**DRUG STORE**

Phone 223-2233

**DRUGS**

**PRESCRIPTIONS**

**COSMETICS**

**VETERINARY SUPPLIES**



**YOUR BEST  
HOUSEHOLD  
BARGAIN**

**CANADIAN WESTERN NATURAL GAS  
COMPANY LIMITED**

## OUR APPRECIATION

Our sincere thanks to those who have made this book possible: the advertisers, the ladies who supplied recipes, the publisher; also to the good people who buy this book and thus make our efforts a real success—Many thanks.

The Thrifty- - Fifty-fives,

Knox United Church.



### "Thrifty-Fifty-Fives" 1961 Executive

President .....	Grace Fabbri
Vice-President .....	Gert Scheuerman
Secretary .....	Dora Brown
Treasurer .....	Molly Matsumoto

### MEMBERS

Ann Anderson	Dorothy Iskov
Bette Anderson	Marion Kemper
Mary Friesen	Esther Pupp
Verna Halverson	Audrey Smith
Esther How	Betty Uyesugi

## TEN COMMANDMENTS FOR HOME MAKERS

1. Thou shalt make beautiful, keep clean and in order thy home.

2. Eight hours a day shalt thou labor and do all thy housework and the other eight of thy waking hours thou shalt attend to thy home making.

3. Thou shalt not slump on thy job.

4. Thou shalt take a short vacation from thy household tasks.

5. Thou shalt guard thy health and the health of thy family with all thy might.

6. Thou shalt strive to keep thyself mentally alert.

7. Thou shalt at all times hold thyself in readiness to answer the call of thy family for friendship and companionship.

8. Thou shalt cultivate and encourage in thyself and thy family a sense of humor and the ability to play.

9. Thou shalt strive to make thyself easy to look upon.

10. Thou shalt not forget thy community.



# CAKES AND ICINGS

## SCRIPTURE CAKE

- |                                 |                        |
|---------------------------------|------------------------|
| 1 cup Judges 5:25 (last clause) | 1 cup Jeremiah 6:20    |
| 2 cups Nahum 3:12               | 2 cups 1 Kings 4:22    |
| 1 cup Judges 4:19 (last clause) | 1 pinch Leviticus 2:13 |
| 2 cups 1 Samuel 30:12           | 2 cups 1 Samuel 14:25  |
| 1 cup Numbers 17:8              | 1 tsp. Amos 4:5        |
| 3 cups Jeremiah 17:11           |                        |

Season to taste with II Chronicles 9:9. Follow Solomon's directions Proverbs 23:14 (first clause).

## APPLE SAUCE CAKE

- |                                       |                         |
|---------------------------------------|-------------------------|
| 1½ cups raisins                       | 1½ tsp. baking soda     |
| ½ cup shortening                      | ¾ tsp. salt             |
| 1½ cups brown sugar, packed           | 1½ tsp. ground cinnamon |
| 2 eggs                                | ¾ tsp. ground cloves    |
| 1½ cups thick unsweetened apple sauce | ¾ tsp. nutmeg           |
| 3 cups sifted flour                   | ¾ cup chopped nuts      |

Cover raisins with boiling water and set aside few minutes.

Cream shortening and sugar, add eggs, beat well, add apple sauce.

Sift together dry ingredients and add to above mixture. Drain raisins, add raisins and nuts to batter. Pour in 8x12 pan and bake at 300° for 1¼ hrs.

Ice with lemon icing.

—Mrs. Helen Olson,  
Cranford.

## ONE BOWL CHOCOLATE CAKE

- |                            |                                      |
|----------------------------|--------------------------------------|
| 1 cup sugar                | ½ cup boiling water to be added last |
| 1 egg                      |                                      |
| ½ cup milk (sweet or sour) | 1 tsp. soda                          |
| ½ cup butter               | 1 tsp. vanilla                       |
| ¼ tsp. salt                | 1½ cups cake flour                   |
|                            | ½ cup cocoa                          |

METHOD—Place in mixing bowl in order given and do not mix until you have added the boiling water. Beat well. Place in cake pan and bake 35 min. at 375°.

—Elsie Oddie

## MAPLE WALNUT CREAM CAKE

- |                       |                        |
|-----------------------|------------------------|
| ¼ tsp. salt           | ½ cup butter           |
| 1½ cups brown sugar   | ¾ cup sweet milk       |
| 3 egg yolks (beaten)  | 1 tsp. maple flavoring |
| 2 cups flour          | 1 tsp. vanilla         |
| 1 cup chopped walnuts |                        |

Add beaten egg whites, cream butter and sugar, add beaten yolks, beat well, add milk, flour and baking powder, then flavoring and walnuts. Add beaten egg whites last.

—Irene Kullberg,  
Pres. Federated Group.

### CHOCOLATE DREAM CAKE

- |                       |                         |
|-----------------------|-------------------------|
| 1/2 cup melted butter | 3/4 cup chopped walnuts |
| 1 cup brown sugar     | 1/2 cup flour           |
| 1 egg                 | 1 1/2 tsps. vanilla     |
| 2 tbsps. cocoa        |                         |

Combine butter and sugar. Add other ingredients in order. Bake at 350° for one half hr. While still warm, ice.

—Mrs. Mary Friesen,

### TOMATO SOUP CAKE

- |                    |                             |
|--------------------|-----------------------------|
| 1/3 cup shortening | 1 tsp. cloves               |
| 1 cup white sugar  | 1 tsp. cinnamon             |
| 2 eggs             | 1 cup raisins, chopped fine |
| 1 tin tomato soup  | 1 cup walnuts, chopped fine |
| 2 cups flour       | 3 tbsps. molasses           |
| 1 tsp. soda        |                             |

Cream butter and sugar, add eggs and molasses. Sift flour, soda and spices. Then add soup, last the fruit. Bake 300° for 3/4 hr.

#### ICING

- |                      |                       |
|----------------------|-----------------------|
| 3 tbsps. butter      | 3 tbsps milk or cream |
| 9 tbsps. brown sugar | icing sugar           |

Boil 4 or 5 mins. - cool - add icing sugar to spread.

—Dorothy Iskov

### MAPLE WALNUT CHIFFON CAKE

- |                        |                       |
|------------------------|-----------------------|
| 2 1/4 cups cake flour  | 3 tsps. baking powder |
| 1 1/2 cups white sugar | 1 tsp. salt           |
- Sift together in one bowl. Make a well in centre and add in order:
- |                    |                               |
|--------------------|-------------------------------|
| 1/2 cup Mazola oil | 1 tsp. maple walnut flavoring |
| 5 egg yolks        | 1 tsp. vanilla                |

3/4 cup cold water  
Beat until smooth, add 1/2 cup walnuts (chopped fine) Measure into a large bowl:

- |                         |             |
|-------------------------|-------------|
| 1 cup egg whites        | little salt |
| 2 tsps. cream of tartar |             |

Beat until very stiff, much stiffer than for angel food. Add first batter to beaten egg whites, about 1/4 at a time, folding gently to combine each addition. Turn into ungreased tube pan. Bake in 325° oven for 55 mins. Then increase heat a little and bake 10 mins. longer. Turn pan upside down until cake is cooled.

—Mrs. Olive Turnbull

### COCOANUT PECAN FROSTING

Combine:

- |                       |                   |
|-----------------------|-------------------|
| 1 cup evaporated milk | 1/4 lb. margarine |
| 1 cup sugar           | 1 tsp. vanilla    |
| 3 egg yolks           |                   |

Cook and stir over medium heat until mixture thickens, about 12 minutes. Add 1 1/3 cups baker's flake cocoanut, 1 cup chopped pecans. Beat until thick enough to spread. Makes 2 2/3 cups.

—Joan Pupp

## GERMAN'S SWEET CHOCOLATE CAKE

- |     |                                 |       |                            |
|-----|---------------------------------|-------|----------------------------|
| 1   | pkg. Baker's German's chocolate | 1/2   | tsp. salt                  |
| 1/2 | cup boiling water               | 1     | tsp. baking soda           |
| 1   | cup butter                      | 2 1/2 | cups sifted cake flour     |
| 2   | cups sugar                      | 1     | cup buttermilk             |
| 4   | egg yolks, unbeaten             | 4     | egg whites, stiffly beaten |
| 1   | tsp. vanilla                    |       |                            |

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, and beat well after each. Add melted chocolate and vanilla. Mix well.

Sift together salt, soda, and flour. Add alternately with buttermilk to chocolate mixture, beating well. Beat until smooth. Fold in beaten egg whites. Pour into three 8 or 9 inch layer pans, lined with paper. Bake in moderate oven 350°, 30 to 40 mins. Cool. Frost tops only.

## FRENCH CAKE

- |   |                         |   |                         |
|---|-------------------------|---|-------------------------|
| 1 | cup sugar               | 2 | tsp. cinnamon           |
| 1 | egg                     | 2 | cups sour milk or cream |
| 1 | tsp. cocoa              | 3 | cups sifted cake flour  |
| 1 | tsp. melted grape jelly |   | nuts                    |

Beat sugar and eggs together until thick and lemon colored, then add cocoa, cinnamon and sour milk or cream slowly. Add this mixture to the sifted flour quickly, taking care not to over mix. Add soda, dissolved in jelly. Pour into a waxed paper lined pan and scatter nuts over the top. Bake in a 350° oven about 50 mins. Makes a cake 10x10 inches.

—Mrs. R. How

## ANGEL FOOD CAKE

- |       |                               |       |                       |
|-------|-------------------------------|-------|-----------------------|
| 1     | cup sifted cake flour, plus 2 | 1 1/2 | cups egg whites       |
|       | tsps.                         | 1 1/2 | tsps. cream of tartar |
| 1 1/2 | cups sugar                    | 1/2   | tsp. almond flavor    |
| 1/2   | tsp. salt                     | 1     | tsp. vanilla          |

Sift 1/2 cup sugar with flour and salt 3 times. Beat egg whites till they stand in peaks and are glossy. Add sugar in 4 additions with beater just enough to blend. Fold in flour and sugar mixture in four additions folding very gently. Bake in 10" tube pan, 30 to 35 mins. Cool in inverted pan for 1 hour.

—Anne Stubbart

## ORANGE CHIFFON CAKE

- |       |                        |                    |                      |
|-------|------------------------|--------------------|----------------------|
| 2 1/4 | cups sifted cake flour | grated rind        | 2 oranges            |
| 1 1/2 | cups sugar             | juice of 2 oranges | plus water to        |
| 3     | tsps. baking powder    | make               | 3/4 cup liquid       |
| 1     | tsp. salt              | 1                  | cup egg whites       |
| 1/2   | cup salad oil (Mazola) | 1/2                | tsp. cream of tartar |
| 5     | egg yolks              |                    |                      |

Sift flour once, measure and mix with next three ingredients. Make a well in dry ingredients and add oil, egg yolks (unbeaten), rind and the liquid. Beat till smooth. In another large bowl beat whites with cream of tartar and beat till **very stiff**, or until whites will not move when bowl is tipped. Then fold your first mixture into the whites gently. Do not stir. Bake in 10" ungreased tube pan 60 to 65 mins. at 325°. Let cool in inverted pan for 1 hour.

—Anne Stubbart

## HONEY FRUIT CAKE

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 cup prunes                     | 1 1/4 cups shortening               |
| 1 cup dried apricots             | 1 1/4 cups honey                    |
| 1 1/2 cups seedless raisins      | 6 eggs                              |
| 1 cup blanched almonds           | 2 1/2 cups sifted all purpose flour |
| 1 cup walnuts                    | 1 tsp. baking powder                |
| 1 cup cherries (red & green)     | 1 1/4 tsp. salt                     |
| 2 cups chopped candied pineapple | 1 tsp. cinnamon                     |
| 2 1/2 cups mixed peel            | 1/2 tsp. cloves                     |

Line cake pans with greased foil or brown paper.

Cover prunes and apricots with boiling water and let stand for 5 mins. Wash raisins, cut prunes and apricots into small pieces, sliver almonds, chop walnuts. Halve cherries and combine all fruit.

Cream shortening and honey well. Add unbeaten eggs one at a time, beating well after each addition. Blend in sifted dry ingredients including spices. Add fruit and nuts. Fill cake pans to within 1/2 inch from top. Bake in very slow oven 250° with shallow pan of hot water on floor of oven for 5 hrs., if 10 inch pan is used and about 2 hrs. for smaller loaf pans.

NOTE—This makes one 10" tube pan or one 8" tube pan and 2 to 3 small loaf pans. To glaze fruit cakes, boil corn syrup and brush while syrup is hot over top and sides of cake. This glaze is added after fruit cakes have ripened.

—Verna Halverson

## NEVER FAIL LARGE PARTY CAKE

Measure into bowl:

- |                              |              |
|------------------------------|--------------|
| 2 1/2 cups sifted cake flour | 1 tsp. salt  |
| 1 3/4 cups sugar             | 3/4 cup milk |
| 2/3 cups crisco              |              |

Blend by hand or with mixer (medium speed) for two mins. Stir in:

- 3 1/2 tsps. baking powder

Add:

- |                   |                |
|-------------------|----------------|
| 3 eggs (unbeaten) | 1 tsp. vanilla |
| 1/2 cup milk      |                |

Blend by hand or in mixer (med. speed) for two or more minutes. The batter will be smooth and thin. Bake in moderate oven (375°) about 30 mins. This is a large recipe, makes a cake 10x15 or 3 1/2 doz. large cup cakes.

—Esther Pupp

## NEVER FAIL CHOCOLATE CAKE

Cream:

- |                   |                |
|-------------------|----------------|
| 1/4 cup butter    | 1/2 cup cocoa  |
| 1 cup brown sugar | 1 tsp. vanilla |
| 1 egg             | 1/2 tsp. salt  |

Add alternately and beat:

- |                                |             |
|--------------------------------|-------------|
| 1 1/4 cups flour               | 1 tsp. soda |
| 1 cup milk soured with vinegar |             |

Bake at 375°.

—Mrs. Lee Wagor

### SPICY SPONGE CAKE

- |       |                 |     |                      |
|-------|-----------------|-----|----------------------|
| 6     | egg yolks       | 1/4 | tsp. salt            |
| 1/2   | cup cold water  | 1/2 | tsp. cinnamon        |
| 1     | cup white sugar | 1/2 | tsp. nutmeg          |
| 1/2   | cup brown sugar | 1/4 | tsp. cloves          |
| 1/2   | tsp. vanilla    | 6   | egg whites           |
| 1 1/2 | cups cake flour | 3/4 | tsp. cream of tartar |

Beat egg yolks until thick and lemon colored, add water and continue beating until very thick. Gradually beat in sugar, then vanilla. Fold in flour sifted with salt and spices, a little at a time. Beat egg whites until foamy, add cream of tartar and beat until they form moist, glossy peaks. Fold into egg yolk mixture. Bake in 10 inch ungreased tube pan in slow oven (325°), 1 hour. Invert to cool.

#### FROSTING:

Boil 1 1/2 cups brown sugar, 1/2 cup water, 1/4 tsp. salt and 1 tbsp. corn syrup to 240°. Pour over 2 stiffly beaten egg whites and beat until lukewarm. Add flavoring if desired.

—Mary Milliken (Mrs. R. B.)

### LEMON LOAF

- |       |                 |     |                    |
|-------|-----------------|-----|--------------------|
| 6     | tbsps. butter   | 1   | tsp. baking powder |
| 1     | cup white sugar | 1   | tsp. salt          |
| 2     | eggs            | 1/2 | cup milk           |
| 1 1/2 | cups flour      |     | rind of 1 lemon    |

Mix well, bake in loaf pan 1 hour at 350°, take from oven and pour over 1/2 cup sugar dissolved in juice of lemon.

—Mrs. Lee Wagar

Good Eating Begins at

**J. K. HOW FOODS LTD.**

“THE HOUSE OF FINE FOODS”

Phone 223-2022

Taber, Alberta

**For All Classes of  
INSURANCE**

SEE

**H. M. NICOL**

Phone 223-2505

Taber, Alberta

Good Eats are Important

**So are Good Clothes**

**ANDERSON CLOTHING LTD.**

**are Specialists in this.**

Phone 223-2141

Taber, Alberta



# COOKIES

## MAPLE NUT COOKIES

Cream  $\frac{1}{2}$  cup butter - add 1 cup brown sugar and mix until light and fluffy. Add 1 egg and mix well.

Sift together:

$1\frac{3}{4}$  cups flour  $\frac{2}{3}$  tsp. baking soda  
 $\frac{1}{4}$  tsp. salt

Add to egg mixture. Then add 1 cup chopped dates and  $\frac{1}{2}$  cup chopped walnuts. Add  $\frac{1}{2}$  tsp. maple flavoring. Chill thoroughly and shape into bars  $1\frac{1}{2}$  inches in diameter. Chill overnight or freeze.

Slice very thin and bake in  $350^{\circ}$  oven, 8 mins. Allow to sit on pan a minute before removing. Yield: 7 doz. thin cookies.

—Mrs. L. J. Wright

## PLAIN COOKIES

1 cup butter  $\frac{1}{4}$  tsp. salt  
1 cup brown sugar 2 tsp. baking powder (small)  
1 egg beaten, add 2 tbsps. milk  
2 cups flour, or enough to make a fairly stiff dough. Press with fork.  
Bake in moderate oven till brown.

—Marion Kemper

## PEANUT BUTTER COOKIES

1 cup shortening 1 cup peanut butter  
1 cup white sugar 2 tps. soda  
1 cup brown sugar  $\frac{1}{4}$  tsp. salt  
2 eggs  $2\frac{1}{4}$  cups sifted flour

**METHOD**—Cream softened shortening until fluffy. Gradually add sugar, mixing until creamy. Beat unbeaten eggs and mix well. Add peanut butter and blend well, add flour sifted with soda and salt. Roll dough into ball and place on ungreased cookie sheet. Press flat with a fork. Bake at  $375^{\circ}$  for about 12 mins. or until a light brown.

—Molly Hedly

## OATMEAL COOKIES

6 cups oatmeal 2 cups shortening, butter or  
2 cups flour margarine  
2 cups brown sugar 2 level tps. baking soda dissolved  
in a small amount of hot water

Put oatmeal, sugar, flour in a large bowl and mix in shortening as for pies and add hot water and soda, roll out and cut as you wish.

These are nice put together with dates or jam.

—Mrs. M. Brethour

## SCOTCH SHORTBREAD

1 cup butter  $2\frac{1}{2}$  cups sifted cake flour  
 $\frac{3}{4}$  cup brown sugar

Cream butter and sugar together and work in flour. Chill. Roll out about  $\frac{1}{4}$  inch thick on lightly floured board. Cut with pastry wheel, small fancy cutters or cut into diamonds. Bake in slow oven ( $325^{\circ}$ ). Makes 70.

—Mrs. A. Lam

### DATE MACAROONS

- |                    |                           |
|--------------------|---------------------------|
| 1 lb. stoned dates | 1/2 tsp. almond flavoring |
| 1/2 lb. almonds    | 4 egg whites              |
| 1 cup white sugar  |                           |

METHOD—Stone dates and chop fine. Cut almonds lengthwise, do not blanch.

Beat eggs till foamy, and add sugar gradually, beat till stiff, then add the dates, almonds and flavoring. Drop from a tsp. on greased cookie sheet. Bake 35 to 40 mins. in slow oven.

—Mrs. Lyle Danforth

### CAFE NUT WAFERS

- |                       |                      |
|-----------------------|----------------------|
| 1/2 cup shortening    | 3/4 cup sifted flour |
| 1/2 cup sugar         | 1/2 tsp. vanilla     |
| 1 tbs. instant coffee | 1/2 tsp. salt        |
| 1 egg well beaten     | 1/2 cup chopped nuts |

Cream shortening, sugar and instant coffee until thoroughly blended. Stir in beaten egg, sift flour with salt and add to first mixture. Beat vigorously until batter is smooth. Fold in vanilla and nuts. Drop from a tsp. onto a greased cookie sheet. Allow room for cookies to spread. Bake in a moderate oven (350°) for 10 to 12 mins. Gently remove from sheet. Makes 22 to 28 cookies.

—Hazel Fong

### PORCUPINES

- |                              |                       |
|------------------------------|-----------------------|
| 1 cup dates                  | 1 egg                 |
| 1 cup chopped nuts, not fine | 1/2 tsp. vanilla      |
| 1 cup brown sugar            | cocoanut to roll them |
| 1 level tsp. butter          |                       |

Mix sugar, butter and egg together, add nuts, dates and vanilla. Form into little balls and roll in cocoanut. Bake in moderate oven long enough to brown the cocoanut.

—Mrs. Mary Friesen

### DANISH DAINTIES

- |                     |               |
|---------------------|---------------|
| 1/4 cup brown sugar | 1 cup flour   |
| 1/2 cup butter      | 1/4 tsp. salt |
| 1 egg yolk          |               |

Cream butter and sugar. Add egg, salt and flour. Mix well. Roll in tiny balls and drop in slightly beaten egg whites and crushed nuts. Make a dent in centre and add jelly or jam. Cook in moderate oven about 10 to 15 mins.

—Bette Anderson

### CHEESE MOONS

- |                      |               |
|----------------------|---------------|
| 1/2 lb. cream cheese | 1/4 tsp. salt |
| 1/4 lb. butter       |               |

To this add enough all purpose flour to make it easy to roll. Knead the flour, cheese, butter, etc. on board and roll out as for pastry. Cut in rounds, on one half of which place 1 tsp. jelly, fold over other half, pinching edges together, and bake slowly on ungreased baking sheet for 15 minutes, till lightly browned.

—Mrs. R. H. Anderson

## MOLASSES CRACKLES

- |                                  |                           |
|----------------------------------|---------------------------|
| $\frac{3}{4}$ cup shortening     | 2 tsp. baking soda        |
| 1 cup sugar                      | 1 tsp. cinnamon           |
| 1 egg                            | $\frac{1}{2}$ tsp. cloves |
| $\frac{1}{4}$ cup light molasses | $\frac{1}{2}$ tsp. ginger |
| 2 cups all purpose flour         | $\frac{1}{2}$ tsp. salt   |

**METHOD**—Cream together shortening and sugar. Add egg and molasses. Blend well. Sift together the flour baking soda, spices and salt. Add to molasses mixture. Mix well. Chill. Form into 1" balls, roll in granulated sugar, place on greased cookie sheet 2" apart. (They spread while baking). Bake 8 to 10 mins. in 375° oven.

—Peg Broadfoot

## FROSTED CREAM COOKIES

- |   |                                  |
|---|----------------------------------|
| 1 cup sugar   | $\frac{1}{2}$ cup lukewarm water |
| 1 cup Rogers syrup  | 2 tsp. soda                      |
| 1 cup butter  | 1 tsp. ginger                    |
| 3 eggs  | 1 tsp. cinnamon                  |
| 6 cups flour, or a little more if dough seems too sticky. |                                  |
- Chill in refrigerator.

### FROSTING:

- |             |                         |
|-------------|-------------------------|
| 1 cup sugar | $\frac{1}{4}$ cup water |
|-------------|-------------------------|
- Boil till it threads. Pour over two stiffly beaten egg whites and beat until thick, then add flavoring and put between cookies.

When rolling dough, flour board quite heavily and sprinkle a little flour on top and roll thin. Bake cookies and then put frosting between cookies.

—Doris Gray

## HEAVEN-SENT MERINGUES

- |                               |                            |
|-------------------------------|----------------------------|
| 4 egg whites                  | $\frac{1}{2}$ tsp. vanilla |
| 1 cup sifted granulated sugar |                            |

Separate eggs that are at room temperature. (Save yolks for filling.) Cover large cookie sheet with heavy white parchment or brown paper. Heat oven to 275°. Beat egg whites until they form moist peaks when beater is raised, then beat in sugar, about 1 tbsps. at a time, add vanilla, and beat until stiff and glossy, not grainy.

Drop mixture by heaping tbsps. - 12 in all, onto cookie sheet, about 1 inch apart. Hollow out centre with back of spoon dipped in cold water. Bake at 275° for 50 mins. until meringues are crisp to touch and delicately browned on top. Remove from paper. Fill with lemon pie filling mixed with 1 cup of whipped cream. Top with whipped cream.

—Gerry Maier

## JELLY ROLL

- |                            |                      |
|----------------------------|----------------------|
| 1 cup cake flour           | 4 eggs, beaten       |
| 1 cup granulated sugar     | 1 tsp. baking powder |
| $\frac{1}{2}$ tsp. vanilla |                      |

Beat eggs till light, add sugar, flour, baking powder, vanilla. Line tin with waxed paper, greased. Bake in moderate hot oven 375° for 20 mins. Turn cake out on damp towel and quickly remove paper, spread jam or jelly on and roll. Leave in damp towel few mins., unroll, dust with icing sugar.

—Bette Anderson

**The following merchants have donated  
to the publishing of the Cook Book:**

---

LONG & LONG INSURANCE LTD.

HANZEL'S SHOE REPAIR

JENSEN'S WELDING

MRS. HENRY DYCK

TAK KANO

BENNYS GENERAL STORE

DR. and MRS. SAKUMOTO

MR. CHOWKINSEA

TABER CAFE

WALK-RITE SHOES

OLE OLSON

PARKER ELECTRIC

MR. and MRS. R. J. HUMPHERIES

### LEMON TEA SLICES

- |                                |                         |
|--------------------------------|-------------------------|
| 1/2 cup butter                 | 1 lemon, juice and rind |
| 1 1/2 cup rolled graham wafers | 3 tbsps. cold water     |
| 3/4 cup sugar                  | 1/3 cup flour           |
| 3 egg yolks                    | 3 egg whites            |
| 3/4 cup sugar                  |                         |

Mix together butter, graham wafers and 3/4 cup sugar. Put in pan and bake at 350° till brown - 20 mins. Beat egg yolks, add 3/4 cup sugar, lemon and cold water, blend in flour. Cook in double boiler till thick - about 15 mins. Beat egg whites and fold in. Place on top of baked crust and put in broiler until brown.

—Jeanette Jorstad

### CHOCOLATE FLUFFS

- |                                 |             |
|---------------------------------|-------------|
| 4 sqs. bitter chocolate, melted | 2 egg yolks |
| 1 1/2 cups icing sugar          |             |

METHOD—Mix the above ingredients together. Beat the egg whites and add 20 marshmallows cut in small pieces, and 1 cup walnuts (chopped). Drop onto waxed paper, chill, and keep in refrigerator till used.

—Marion Kemper

### DREAM CAKE

#### LOWER CRUST:

- |                    |                      |
|--------------------|----------------------|
| 1/2 cup butter     | 2 tbsps. icing sugar |
| 1 cup sifted flour |                      |

Blend together well and spread evenly in ungreased 8" cake pan.

#### TOPPING:

- |                      |                             |
|----------------------|-----------------------------|
| 2 eggs               | 1/2 cup cherries            |
| 1 cup white sugar    | 1 tsp. vanilla              |
| 1/4 cup flour        | 1 cup walnuts               |
| 1/8 tsp. salt        | 1/2 cup desiccated cocoanut |
| 1 tsp. baking powder |                             |

Beat eggs and add sugar. Sift together flour, salt and baking powder and add to first mixture, add fruit, flavoring, nuts and cocoanut. Pour over pastry. Bake in slow oven 300° for 25 to 30 mins. Ice with plain butter icing.

—Dorothy Dick

### LEMON MERINGUE SQUARES

- |                        |                                 |
|------------------------|---------------------------------|
| 1/2 cup butter         | 1 cup all purpose flour, sifted |
| 1/2 cup powdered sugar | and measured                    |
| 2 egg yolks            | 2 tps. grated lemon rind        |
|                        | 1/2 tsp. salt                   |

#### TOPPING:

- |                      |                       |
|----------------------|-----------------------|
| 2 egg whites         | 1/2 cup white sugar   |
| 1 tbsps. lemon juice | 1/2 cup nuts, chopped |

Cream butter and sugar well, beat in egg yolks and stir in flour, grated lemon rind and salt. Spread evenly in an ungreased pan 9x13, pressing down well. Bake 10 mins., 350°. Meanwhile beat egg whites until stiff, beat in 1/2 cup sugar and lemon juice, fold in nuts. Spread nutty mixture over partly cooked base, return to oven 350° and bake 25 mins. longer. Cool before cutting in squares.

—Ann Anderson

## BROWNIES

- |  |                          |
|--|--------------------------|
| $\frac{3}{4}$ cup Swansdown flour (sifted) | 1 cup walnuts            |
| $\frac{1}{2}$ tsp. baking powder           | $\frac{1}{3}$ cup butter |
| 2 sqs. chocolate (unsweetened)             | 2 eggs - well beaten     |
| 1 cup granulated sugar                     | 1 tsp. vanilla           |

Add butter to melted chocolate and blend well. Combine sugar and beaten eggs. Add chocolate mixture, then rest of ingredients. Blend well. Bake in fairly slow oven 300° for  $\frac{1}{2}$  hr. Can be iced if desired.

—Ruth Ross

## JIFFY CHOCOLATE DROPS

- |                          |                            |
|--------------------------|----------------------------|
| 3 cups rolled oats       | $\frac{1}{2}$ cup milk     |
| 1 cup shredded cocoanut  | 2 cups white sugar         |
| 6 tbsps. cocoa           | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{2}$ cup butter |                            |

Mix thoroughly the rolled oats, cocoanut and cocoa. Heat butter milk and sugar together in a saucepan until almost to boiling point, **but do not boil**. Then pour over dry mixture. Stir well and drop by spoonfuls on wax paper.

—Mrs. Marilyn Sebok

## DELUXE WALNUT SQUARES

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 1 $\frac{1}{2}$ cups flour     | $\frac{1}{2}$ cup butter or margarine |
| $\frac{1}{4}$ cup white sugar  |                                       |
| Bake 10 mins. at 325°.         |                                       |
| 2 eggs, beat well              | 2 tsps. syrup                         |
| 1 cup brown sugar              | 2 tsps. cream                         |
| 1 tbsp. flour                  | 1 tsp. vanilla                        |
| 1 tsp. baking powder           |                                       |
| Beat well and add:             |                                       |
| $\frac{1}{2}$ cup chopped nuts | $\frac{1}{4}$ cup glazed fruit mix    |
| $\frac{1}{2}$ cup cocoanut     |                                       |
| Bake 25 mins. at 350°.         |                                       |

## ICING

- |                 |                       |
|-----------------|-----------------------|
| 2 tbsps. butter | 1 heaping tbsp. flour |
|-----------------|-----------------------|

Melt butter in saucepan, add flour, mix to paste, then add  $\frac{1}{3}$  cup milk, cook until thickened. Add  $\frac{1}{2}$  cup or more brown sugar. Cook about 1 min. Remove from stove, place in beater bowl, add pinch of salt and 1 tsp. vanilla. Then whip in 1 - 1  $\frac{1}{2}$  cups icing sugar. Whip well. This icing may be used on brownies and add chocolate to the icing.

—Ann Hudson

## PARTY SQUARES

- |                             |                             |
|-----------------------------|-----------------------------|
| $\frac{1}{2}$ cup margarine | 5 tbsps. cocoa              |
| 5 tbsps. sugar              | 1 unbeaten egg              |
| 25 graham wafers            | 1 cup cocoanut              |
| $\frac{1}{2}$ cup walnuts   | $\frac{1}{2}$ tsp. vanilla  |
| Mix and place in 9x13 pan.  |                             |
| 4 tbsps. butter             | 3 $\frac{1}{2}$ tbsps. milk |
| 3 tbsps. custard (Birds)    |                             |

Mix and add 2 cups icing sugar. Pour over above mixture.

When cool, melt 1 tbsp. butter and 4 sqs. semi-sweet chocolate and pour over squares. Chill.

—Pearle McLeod



## HIGHLAND BROWNIES

### BUTTERSCOTCH BASE:

- |                                  |                       |
|----------------------------------|-----------------------|
| 1/3 cup sifted all purpose flour | 1 cup rolled oats     |
| 1/4 tsp. salt                    | 1/2 cup brown sugar   |
| 1/4 tsp. baking soda             | 1/3 cup melted butter |

Combine ingredients of base, press into 7x11 in. ungreased pan. Bake for 6 mins. at 350°.

### CHOCOLATE LAYER ON TOP:

- |                                  |                           |
|----------------------------------|---------------------------|
| 1 oz. unsweetened chocolate      | 1/4 tsp. baking powder    |
| 1/4 cup butter or margarine      | 1/4 tsp. baking soda      |
| 3/4 cup white sugar              | 1/4 cup milk              |
| 1 egg                            | 1/2 tsp. vanilla          |
| 2/3 cup sifted all purpose flour | 1 tsp. grated orange rind |

Melt chocolate and butter, add sugar and egg, beating well after each addition, add remaining and spread over base. Bake 30 mins. at 350°. When cool ice with chocolate frosting and sprinkle with nuts.

—Mildred Rodwell

## CHOCOLATE MARSHMALLOW ROLL

- Melt together:
- |                             |                 |
|-----------------------------|-----------------|
| 4 sqs. semi-sweet chocolate | 2 tbsps. butter |
|-----------------------------|-----------------|
- Cool slightly, then add:
- |                   |                 |
|-------------------|-----------------|
| 1 cup icing sugar | 1/2 cup walnuts |
| 1 egg             |                 |

Pour this mixture over 25 colored marshmallows cut in quarters. Mix together, then put in refrigerator for 1/2 hr. Shape into a roll. Roll in cocoanut on wax paper. Keep in fridge and slice as needed.

—Mrs. Eileen Thurlow

## SOUR CREAM COOKIES

- |                        |                    |
|------------------------|--------------------|
| 1/4 cup shortening     | 1/4 tsp. salt      |
| 3/4 cup brown sugar    | 1/4 tsp. cinnamon  |
| 1 tsp. vanilla         | 1/4 tsp. nutmeg    |
| 1 egg (beaten)         | 1/2 cup sour cream |
| 1 1/4 cups flour       | 1/2 cup walnuts    |
| 1/2 tsp. soda          | 1/2 cup raisins    |
| 1/4 tsp. baking powder |                    |

METHOD—Cream shortening, sugar and vanilla. Add beaten egg. Sift together flour, soda, baking powder, salt and spices. Add alternately with sour cream. Fold in nuts and raisins. Drop from a spoon unto baking sheet. Bake for 10 mins. in a 400° oven. Makes 2 doz. cookies.

—Mrs. Dora Brown

## MELTING MOMENTS

- |                           |                     |
|---------------------------|---------------------|
| 1 cup butter or margarine | 2 cups sifted flour |
| 2 tbsps. icing sugar      |                     |

Combine above and form in soft ball. Chill in fridge for 1/2 hr. Form in balls or roll thin and cut with fancy cookie cutters. Bake in 375° oven for 10 mins. Put together with icing sugar.

—Mrs. Dora Brown

## NANAIMO BARS

- |                |                            |
|----------------|----------------------------|
| 1/2 cup butter | 2 eggs                     |
| 1/4 cup sugar  | 2 cups graham wafer crumbs |
| 1 tsp. vanilla | 1 cup cocoanut             |
| 5 tbsps. cocoa | 1/2 cup chopped nuts       |

Place butter, sugar, cocoa, vanilla and eggs in top of double boiler. Set over boiling water and cook, stirring until butter is melted and mixture is custard consistency. Combine remaining ingredients and add to cooked mixture. Pack evenly in 9" pan and spread with icing.

### ICING RECIPE:

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1/4 cup butter                  | 2 cups sifted icing sugar   |
| 3 tbsps. milk                   | 4 sqs. semi-sweet chocolate |
| 2 tbsps. vanilla pudding powder | 1 tbsps. butter             |

Cream 1/4 cup butter, combine milk and pudding powder and beat into butter. Blend in icing sugar and spread on first part, let stand 15 mins. Melt chocolate with butter and spread over custard icing.

—Murial Mason

## PECAN ROLLS

- |                          |                                |
|--------------------------|--------------------------------|
| 1/2 cup Eagle brand milk | 1/2 tsp. vanilla               |
| 2 tbsps. butter          | 2 1/2 cups sifted icing sugar  |
| 1/4 tsp. salt            | 1/2 cup chopped glace cherries |

METHOD—Blend softened butter with Eagle brand milk. Add salt and vanilla and work in sugar to make firm mixture that will hold its shape. Work in cherries and knead well. Form into rolls about 4 inches long and about 1 1/2 inches in diameter. Chill.

### CARAMEL COATING:

- |                     |                          |
|---------------------|--------------------------|
| 1 cup brown sugar   | 2/3 cup Eagle brand milk |
| 3 tbsps. corn syrup | 1/2 cup butter           |

Put all ingredients into heavy skillet or pot over low heat and cook stirring constantly until firm ball stage. Cool a little (to about 180°), and then pour slowly over the rolls. Roll each then in pecans and when slightly cooled re-shape. Chill thoroughly before slicing.

—Verna Halverson

## LEMON SQUARES

- |                                |                            |
|--------------------------------|----------------------------|
| 10 salted soda biscuits        | 2 tbsps. cornstarch        |
| 1 cup brown sugar              | 2 eggs                     |
| 1/2 cup butter                 | 1 cup water                |
| 1 cup sifted all purpose flour | juice and rind of 1 lemon  |
| 1/2 tsp. soda                  | juice and rind of 1 orange |
| 1 cup cocoanut                 | 1/4 cup butter             |
| 1 cup sugar                    |                            |

Heat oven to 375°. Crush soda biscuits to fine crumbs. Add brown sugar and 1/2 cup butter and blend together. Sift flour and soda together into mixture. Add cocoanut and blend well with a fork and then with fingers until crumbly. Spread about 3/4 of the mixture in a 9 inch square baking pan.

Blend sugar and cornstarch in saucepan. Beat eggs and add water together lightly with a fork and stir into sugar, cornstarch mixture. Add lemon and orange juice and rind.

Cook over moderate heat, stirring constantly until thick and smooth. Remove from heat and stir in 1/4 cup butter. Pour over crumbly mixture in baking pan. Sprinkle with remaining crumbly mixture. Bake about 25 mins. or until golden.

—Marg. Little

## CHERRY CHEWS

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 cup sifted all purpose flour | 1 cup brown sugar                 |
| 1 cup rolled oats              | $\frac{1}{2}$ tsp. almond extract |
| 1 cup brown sugar              | 2 tbsps. flour                    |
| 1 tsp. soda                    | 1 tsp. baking powder              |
| $\frac{1}{4}$ tsp. salt        | $\frac{1}{2}$ tsp. salt           |
| $\frac{1}{2}$ cup butter       | 1 cup cocoanut                    |
| 2 eggs                         | 1 cup well drained cherries       |
| $\frac{1}{2}$ cup pecan halves |                                   |

Heat oven to 350°. Mix flour, oats, 1 cup brown sugar, soda and  $\frac{1}{4}$  tsp. salt. Add butter and mix till crumbly. Press mixture into bottom of a greased 13x9 $\frac{1}{2}$ x2 inch pan. Bake 10 mins. Beat eggs, stir in sugar and almond extract. Mix flour, baking powder and  $\frac{1}{2}$  tsp. salt and stir in. Add cocoanut and cherries and stir to blend. Pour over first mixture and spread evenly. Sprinkle with pecans. Return to oven and bake 25 mins. until lightly browned. Cool and ice with cherry-almond icing.

### CHERRY ALMOND ICING:

- |  |                                |
|--|--------------------------------|
| 3 tbsps. soft butter                   | 1 cup sifted all purpose flour |
| 1 cup brown sugar                      | $\frac{1}{4}$ tsp. salt        |
| 1 egg                                  | 1 tsp. baking powder           |
| 1 tsp. vanilla                         | $\frac{1}{2}$ cup chopped nuts |
| 18 marshmallows cut in half crosswise. |                                |

Cream butter, sugar and egg well. Add vanilla and beat thoroughly. Sift dry ingredients together and stir in. Add nuts.

—Molly Anderson

# HI-WAY SERVICE

**Automotive and Tractor Repairs**

**North Star Gas, Oils and Greases**

**Willard Batteries - Goodrich Tires**

**J. I. Case Dealer**

**Complete Ignition Repairs**

Phone 223-2333

P.O. Box 820

Taber, Alberta

## DESSERTS

### LEMON HOLIDAY SAUCE

Grate rind of 4 lemons very fine. Squeeze and strain juice. Place juice, rind, 2 cups white sugar and  $\frac{3}{4}$  cup butter in saucepan. Cook over **low** heat until butter melts and sugar dissolves.

Remove pan from heat. Stirring vigorously, slowly blend in 4 slightly beaten eggs. Return to low heat and cook, stirring constantly until mixture coats back of spoon.

Cool sauce and store in quart jar in frig.

Good cold or warm for ice cream sauce, puddings, tart filling, cake layers, sauce for cake, etc.

—Mrs. L. J. Wright

### PINEAPPLE SPONGE

- |               |                        |               |                     |
|---------------|------------------------|---------------|---------------------|
| 1             | tblsp. gelatine        | 1             | can pineapple       |
| 3             | egg yolks              | $\frac{1}{3}$ | cup cold water      |
| 3             | egg whites             |               | Grated rind 1 lemon |
| $\frac{1}{2}$ | cup sugar              | $\frac{1}{2}$ | tblsp. lemon juice  |
| $\frac{1}{2}$ | or 1 cup whipped cream |               |                     |

Beat yolks, add grated rind of lemon, juice and sugar. Cook in double boiler. Stir while cooking until mixture thickens. Remove from stove. Add gelatine which has been soaked in  $\frac{1}{3}$  cup water. Stir till gelatine is dissolved, add pineapple. When mixture thickens add stiffly beaten egg whites and whipped cream. Turn into jelly moulds and set aside.

—Mrs. Olive Long

### CHERRY CUSTARD DESSERT

- |               |                      |               |                                       |
|---------------|----------------------|---------------|---------------------------------------|
| 1             | pkg. vanilla pudding | $\frac{1}{2}$ | cup diced marshmallows                |
| 1             | envelope gelatine    | $\frac{1}{2}$ | cup chopped walnuts                   |
| $\frac{1}{4}$ | cup milk             | 1             | cup heavy cream                       |
| $\frac{1}{2}$ | tsp. vanilla         | $\frac{1}{2}$ | cup cherries (red & green maraschino) |
| 16            | vanilla wafers       |               |                                       |

Prepare pudding, as directed on pkg. Dissolve gelatine in a bit of cold milk, add to pudding, set aside to cool thoroughly. When cold fold in sweetened whipped cream. Line cake pan with vanilla wafers, pour on  $\frac{1}{2}$  pudding mix. Then sprinkle with diced marshmallows, nuts and cherries. Pour on remaining pudding. Sprinkle top with a few more nuts and cherries for decoration. Refrigerate. Serve with or without whip cream.

—Doris Neuman

### CARROT PUDDING

- |   |                     |               |                              |
|---|---------------------|---------------|------------------------------|
| 1 | cup grated carrots  | 1             | tsp. soda in potatoes        |
| 1 | cup grated potatoes | 1             | tsp. cloves                  |
| 1 | cup suet or butter  | 1             | tsp. cinnamon                |
| 1 | cup raisins         | $\frac{1}{2}$ | tsp. ginger                  |
| 1 | cup sugar           | $\frac{1}{2}$ | cups of flour or little more |
|   | pinch of salt       |               |                              |

Place pudding in cotton bag, steam or boil slowly for about 2 hours.

—Myrtle Ferguson

## PINEAPPLE DELIGHT

Roll finely graham wafers to make 2½ cups, keep ¼ cup for top. To remainder add ½ cup melted butter, combine well and spread in greased pan, bake 15 minutes in slow oven (300°), cool.

Cream  $\frac{1}{2}$  cup soft butter and add  $1\frac{1}{2}$  cups icing sugar, add 1 beaten egg. Beat until light, spread on cake mixture.

Drain large can crushed pineapple, fold into ½ pt. stiffly whipped cream, spread over cake mixture. Top with remainder of crumbs. Chill before serving.

Drain pineapple well.

—Mrs. Muriel Moorey

## CREAM MERINGUE TART

$\frac{1}{3}$ cup blanched and shredded almonds	$1\frac{1}{2}$ cups sugar, sifted
	$\frac{1}{4}$ cup butter

Add ½ cupful of the sifted sugar gradually, blend until light and creamy. Beat in one at a time:

4 egg yolks  
1/2 tsp. vanilla  
1 cup cake flour

2 tsp. baking powder  
1/4 tsp. salt

5 Add the sifted ingredients to the butter mixture alternately with:  
5 tbsp. cream.

Beat the batter until it is smooth. Spread it in two greased 9 inch layer pans. Cover with the following meringue. Whip until stiff;

4 egg whites  
1/8 tsp. salt

Add the remaining cupful sifted sugar very slowly,  $\frac{1}{2}$  tsp. at a time. Beat constantly for several minutes. Fold in:

1 tsp. vanilla

Spread the meringue lightly over the cake batter in both pans. Stud one meringue with the blanched shredded almonds, very closely. Bake at 350° for 40 minutes. Place one layer, meringue side down, Spread the following cream filling over it, reserving 4 tbsp. for the top. Place the almond studded layer on top of the cream filling.

### Pineapple Cream Filling

1 cup heavy cream, whipped  
1½ tbsp. confectioner's sugar

1 cup drained crushed pineapple  
¼ tsp. vanilla

—Grace Fabbri

## MOLASSES-PUFF PUDDING

1	egg	1	level tsp. soda dissolved in
2	tbps. butter	$\frac{1}{2}$	cup boiling water
2	tbps. sugar	$1\frac{1}{2}$	cups flour
$\frac{1}{2}$	cup mild molasses or sorghum		

Put egg, butter, sugar and molasses in mixing bowl and beat well. Then put hot water, soda and flour in quickly, stir together. Put into greased and floured mold and steam 1½ hrs. Serve with the following sauce:

SAUCE:

Cook together 1 cup boiling water and 1½ slightly rounded tbsps. flour sifted with ½ cup sugar until the flour is cooked. Then add 3 tbsps. lemon juice, 1 tsp. butter, ¼ tsp. cinnamon, ¼ tsp. cloves, ¼ tsp. allspice and 1 tsp. vanilla.

—Mrs. John Haugaard

### FRUIT COCKTAIL DESSERT

- |   |                 |   |                             |
|---|-----------------|---|-----------------------------|
| 1 | cup white sugar |   |                             |
| 1 | tsp. soda       | 2 | dash of salt                |
| 1 | beaten egg      |   | cups drained fruit cocktail |
| 1 | cup flour       |   | (1 can)                     |

Mix like a cake and just before baking put  $\frac{1}{2}$  cup brown sugar and  $\frac{1}{2}$  cup chopped nuts over top of batter. Bake  $350^{\circ}$  for  $\frac{1}{2}$  to  $\frac{3}{4}$  hrs. Serve warm or cold with ice cream, will keep fresh several days.

—Francis Reti

### CHEESE TARTS

- |               |                                  |   |                 |
|---------------|----------------------------------|---|-----------------|
| 2             | cups flour                       | 1 | tsp. salt       |
| 1             | small pkg. imperial brand cheese |   | crabapple jelly |
|               |                                  |   | whipped cream   |
| $\frac{1}{2}$ | lb. butter                       |   |                 |

Combine first 4 ingredients and roll out. Make tart shells (small). Bake in moderate oven. Watch closely. Fill with jelly and top with whipped cream when ready to eat.

Delicious!

—Geneva Fenton

### JELLO DESSERT

1 pkg. pineapple jello, dissolve in  $1\frac{1}{2}$  cups water, let set a bit, Chill one can evaporated milk. One cup crushed pineapple. Whip jello, add milk and whip, stir in pineapple. Set in fridge.

—Geneva Fenton

### RASPBERRY TARTS

- |   |               |               |                        |
|---|---------------|---------------|------------------------|
| 2 | egg whites    | $\frac{1}{4}$ | cup fruit sugar        |
|   | pinch of salt | 1             | pint fresh raspberries |

Add salt to egg whites and beat until stiff. Beat in sugar. Fold in raspberries. Pile in baked tart shells. Bake in oven  $300^{\circ}$  until meringue is firm - 30 mins. Makes 6 tarts.

### COCOANUT SLICES

- |  |                   |               |           |
|--|-------------------|---------------|-----------|
| $\frac{1}{2}$  | cup shortening    | 1             | cup flour |
| 3  | tbsp. brown sugar | $\frac{1}{2}$ | tsp. salt |
| Press into 8x8 pan and bake in moderate oven for 15 mins. at $350^{\circ}$ . |                   |               |           |

Then spread with:

- |               |                    |               |                  |
|---------------|--------------------|---------------|------------------|
| 3             | eggs               | $\frac{1}{2}$ | cup chopped nuts |
| 1             | cup brown sugar    | 1             | cup cocoanut     |
| 2             | tbsp. flour        | 1             | tsp. vanilla     |
| $\frac{1}{2}$ | tsp. baking powder |               |                  |

Beat eggs, add brown sugar, flour and baking powder. Fold in nuts, cocoanut and vanilla. Spread on first mixture. Return to oven and bake 35 mins. at  $300^{\circ}$ . Cut in desired pieces.

—Jenny Schaafsma



### MID-SUMMER DESSERT

- |       |                                |     |                               |
|-------|--------------------------------|-----|-------------------------------|
| 1     | 10 oz. pkg. vanilla cookies or | 1/3 | cup chopped nuts              |
| 1 1/2 | cups graham wafer crumbs       | 1   | can drained crushed pineapple |
| 3/4   | cup butter                     |     | or fresh sliced strawberries  |
| 1     | cup icing sugar                | 1   | cup whipping cream            |
| 2     | eggs                           |     |                               |

Roll cookies or wafers into crumbs. If using wafers add 2 tbsps. melted butter to 1 1/4 cups crumbs, moisten well, and spread this on bottom of the pan 8" sq. Cream butter, add sugar and eggs, beat well. Spread this on top of crumbs. Add nuts and pineapple, spread whipped cream on top and sprinkle remaining crumbs on top. Chill for 2 hrs. before serving.

—Betty Uyesugi

## BARNWELL FARM EQUIPMENT

BAPCO PAINTS

HARDWARE & BUILDERS SUPPLIES

OLIVER SPRINKLERS

Phone 911-33

Barnwell, Alberta

P.O. Box 70

## White's Flower & Gift Shop

"FOR EVERY BLOOMING THING"

MEMBERS F.T.D.A.

Store 2552 - Phones - Res. 3078

5316 - 49th Avenue

Taber, Alberta

## Millikan & Wright Equipment Ltd.

INTERNATIONAL FARM EQUIPMENT

Phone 2677

Taber, Alberta

# FOODS FROM FAR-A-WAY LANDS

## WALNUT CAKE (Tarta - Hungarian)

2	cups of flour	$\frac{3}{4}$	cup sugar
2	tbsps. butter	1	tsp. soda
1	egg		

Mix with enough sour cream to make a dough stiff enough to roll as for pies. Bake 3 or 4 layers in layer pans separately and put together with the following filling:

$\frac{1}{2}$	cup sugar		juice of 1 orange
1	lb. walnuts	6	tsp. butter

Enough boiling water to make a spread not too soft or too hard. Spread between layers and over top and sides, or ice with a butter icing.

## KOOGA COFFEE CAKE (German)

Bring 1 qt. of milk to a boil and let cool. Add 4 tbsps. of sugar, 1 pkg. yeast and enough flour to make a very soft dough. Let rise  $\frac{3}{4}$  hour in a warm place. Then add:

1	lb. butter	2	tsp. salt
6	eggs, well beaten	2	cups sugar

Add flour, enough to make a soft dough. Let rise 2 hours. Roll out very thin. Line pie plates with this pastry. (This is enough for ten 8 inch pie tins). Spread with filling:

### FILLING:

5	eggs	1	tsp. salt
$1\frac{1}{2}$	cups sour cream	1	tbps. flour
$\frac{1}{4}$	cup sugar		

1 cup fruit for each pie, (either bananas, peaches, apricots, apples or berries may be used.)

Sprinkle  $\frac{1}{2}$  cup sugar on top, bake in 325° oven until custard it set.

—Inga Schneider,  
Irvine, Alberta.

## SMORREBRAD - DANISH OPEN SANDWICHES

Use whole wheat bread, refrigerated, sliced  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick. Spread with plenty of butter, cut in wedges or in half. Have your meats and salads ready.

Use sliced roast pork, or red roast beef (specially good with a spread of fried onion rings or shredded horseradish), or chicken, boiled ham, sliced hard boiled eggs, sliced tomatoes, sliced liver loaf, sardines, or different sliced cheeses.

Make salads of lobster, shrimp, salmon or leftover chicken with carrot cubes and peas.

Turn each kind in mayonnaise, season the mayonnaise for the chicken with a bit of curry powder.

Dress up the sandwiches and top with pickles. Pickled beets cut in strips for pork or liver loaf.

Sliced cucumbers and radish or a strip of apple jelly for liver loaf. More colorful the better. Arrange these in large platters.

## UKRAINIAN BORSCH (Beet Soup)

- |                               |   |
|-------------------------------|---|
| 1 lb. spareribs               | 1 lb. raw red beets (grated or sliced in fine strips) |
| 4 cups water                  | 1 clove garlic (optional)                             |
| 1 tsp. salt                   | 1 tbsp. sugar   |
| 1/4 cup medium sized cabbage  | 4 tbsp. lemon juice (or vinegar)                      |
| 1 medium carrot (cubed)       | 1 tbsp. flour   |
| 1 tsp. chopped parsley        | 1 cup sour cream                                      |
| 2 cups diced celery           | 1 salt and pepper to taste                            |
| 1 medium sized onion (grated) |   |

Cook spareribs and vegetables (except beets) till tender. Simmer beets in small kettle till done, about 30 minutes. Take ribs out of vegetables, add the beets to the vegetables. Crush garlic in sugar and lemon juice and add to the soup. Blend flour with sour cream, add to soup and bring to boil. Add salt and pepper to taste. Serve hot.

This can also be served cold if meat is omitted, and any vegetable can be added.

—Annie Turin

## TOLTOTT KAPOSZTA (Cabbage Rolls - Hungarian)

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 large head of cabbage              | 1 tbsp. paprika                   |
| 1 3/4 lb. ground pork                | 1 cup rice (regular)              |
| 1 3/2 lb. ground beef                | 1 No. 2 can sour-kraut (optional) |
| 1 large 1/2 cup finely chopped onion | 1 No. 2 can tomato juice          |
| 2 egg                                | 3 cups water                      |
| 2 tbsps. salt                        | 1 cup sour cream (optional)       |
| 1 tsp. black pepper                  | 1 <i>top vinegar</i>              |

**METHOD**—Core the cabbage and place head down in enough boiling water to cover. Remove leaves as they are wilted, and cut the heavy vein to look flat. Combine, meat, egg, onion, rice and seasoning. Mix well. Place 2 or 3 tbsps. of meat mixture in centre of each cabbage leaf, fold sides then roll up. Place in large kettle and spread sour-kraut over rolls. Add the tomato juice and water. Bring to a boil then simmer for 1 1/2 hrs. Place cabbage rolls on serving dish, mix a little of the liquid with the sour cream and pour over the cabbage rolls. Yield - 8 servings.

## PEREHE (Ukrainian)

- |                         |                        |
|-------------------------|------------------------|
| 4 cups sifted flour     | lukewarm water         |
| 1 egg                   |                        |
| <b>FILLING:</b>         |                        |
| 1/2 lb. velveeta cheese | 3 cups mashed potatoes |
| <b>GARNISH:</b>         |                        |
| 1 lb. bacon             | 1 med. size onion      |

**METHOD**—Mix together mashed potatoes and velveeta cheese. Set aside. Add lukewarm water to flour and egg in order to make a soft dough. Set aside for 10 mins. Then roll out and cut into small squares or circles. Add approximately 2 tps. filling to each square and seal tightly as for turnovers.

Have kettle of boiling water on stove. Add perehe to water and after they come to a rolling boil, cook for 5 mins. Meanwhile cook chopped bacon and chopped onion together. Remove perehe from the water and garnish with bacon and onion.

—Mrs. Paul Lychak

### FATTIGMAND (Norwegian)

- |               |                      |               |                      |
|---------------|----------------------|---------------|----------------------|
| 6             | egg yolks            | 6             | tbsps. sweet cream   |
| 1             | tbsp. butter, melted | $\frac{1}{8}$ | tsp. ground cardimon |
| $\frac{1}{4}$ | tsp. salt            | 4             | tbsps. sugar         |
| 3             | cups flour (or less) |               |                      |

METHOD—Beat egg yolks well, add sugar and mix well, add melted butter and the rest of the ingredients. ( $2\frac{1}{2}$  cups of flour may be sufficient.) Roll very thin. Cut in diamond shape. Make a straight cut in the centre of the diamond, then pull the two ends though the hole. Fry in deep fat at  $370^{\circ}$  for 2 to 3 mins., or until a golden brown. Dust with powdered sugar.

### IL MINESTRONI (Italian)

- |               |                                   |               |                               |
|---------------|-----------------------------------|---------------|-------------------------------|
| 3             | pints good stock                  | $\frac{1}{2}$ | lb. tomatoes                  |
| $\frac{1}{4}$ | lb. salt pork, cut in inch pieces | 1             | small onion - chopped         |
| $\frac{1}{2}$ | lb. fresh kidney beans            |               | a little sage                 |
| $\frac{1}{2}$ | lb. peas                          | $\frac{1}{2}$ | cup rice                      |
| 1             | or 2 stalks celery (chopped fine) |               | parsley                       |
| 1             | small cabbage (chopped fine)      | 1             | or 2 garlic cloves (optional) |
| $\frac{1}{2}$ | lb. spinach (chopped fine)        | 3             | to 4 tbsps. parmesan cheese   |
| 3             | or 4 carrots (chopped fine)       |               | salt and pepper               |

METHOD—Put the stock in a large saucepan, bring to boil, add the pork, and the rest of the ingredients. Stir well, season with salt and pepper and simmer until vegetables are tender and have nearly absorbed the stock. Finally stir in the parmesan cheese. The soup should be very thick and can be served hot or cold.

your "BIG"



- SERVICE
- QUALITY
- CONSISTENTLY  
LOW PRICES

# SUPERMARKET

PHONE 3-2154

# HOT DISHES

## SUPER BURGERS

- |               |                          |               |                   |
|---------------|--------------------------|---------------|-------------------|
| 1             | lb. ground beef, browned | $\frac{1}{8}$ | tsps. oregano     |
| $\frac{1}{4}$ | cup onions               | 1             | can mushroom soup |
| $\frac{1}{3}$ | cup water                |               |                   |

Simmer 10 or 15 mins. stirring often.

Spread on split toasted buttered buns. Cover with slice of cheese and put under broiler until melted.

—Mrs. L. J. Wright

## TUNA CASSEROLE

Cook 1 tbsp. chopped onion in 1 tbsp butter. Add 1 can of mushroom soup thinned with  $\frac{1}{3}$  cup milk. Add 1 can flaked tuna. Add 2 cups cooked noodles (ribbon kind best). Put in a casserole, sprinkle top with potato chips if you have them. Cornflakes will do. Cook in a moderate oven 30 mins.

—Mrs. Muriel Perry,  
Lethbridge, Alberta

## TURKEY STUFFING

- |   |                                 |                |                         |
|---|---------------------------------|----------------|-------------------------|
| 1 | pkg. onion soup                 | $1\frac{1}{2}$ | tsps. poultry seasoning |
| 2 | cups boiling water              | $\frac{1}{2}$  | cup celery or parsley   |
| 8 | cups bread cubes                | 1              | cup chestnuts           |
| 1 | cup melted butter or shortening | $\frac{3}{4}$  | cup chopped pecans      |

Combine soup and water, toast bread cubes and add the melted butter. Then add water and the rest of the ingredients.

—Grace Fabbri

## COOKED FOWL - DUCK - PHEASANT - ETC.

Boil fowl till tender, then put 2 cups sour cream into a heavy frying pan. Add onion, a clove of garlic if desired, sage, celery, and some parsley. Add the fowl and simmer 20 mins. Remove the fowl and then thicken the sauce for gravy.

—Mrs. Lyle Danforth,  
Lethbridge, Alberta

## PHEASANT

Clean pheasant and cut into pieces. Wash well and drain. Roll in flour, salt and pepper. Fry until light brown, put in roasting pan. Partly cover with cream and roast until tender. Bake at  $350^{\circ}$ .

—Ruth Maier

## CHICKEN PAPRIKA

In dutch oven, put about 3 tbsps. cooking oil, add 1 large chopped onion, add 1 tbsp. paprika, add cut-up chicken, (salt and pepper to season). Add a bit of water (enough so it will not stick). Cover and let simmer till done. Mix about 2 tbsps. flour with  $\frac{1}{2}$  to 1 cup sour cream, add to liquid in pot. Cook till thickened.

—Mrs. Gus Sebok

## OVEN CASSEROLE

- |     |                     |   |                 |
|-----|---------------------|---|-----------------|
| 1   | cup sliced potatoes | 1 | can tomatoes    |
| 1   | cup sliced onions   |   | or              |
| 1   | cup sliced carrots  | 1 | can tomato soup |
| 1/2 | cup raw rice        | 2 | cups water      |

1 lb. hamburger made into patties or balls. Salt and pepper. Place in casserole in order given with hamburger on top. Bake two hours in moderate oven.

—Mrs. F. Sparks

## CHILI BURGERS

- |     |                               |     |                   |
|-----|-------------------------------|-----|-------------------|
| 2   | lbs. hamburger                | 1/2 | tsp. curry powder |
| 2   | large chopped onions          | 1   | tsp. salt         |
| 1   | large grated or ground potato | 3/4 | bottle catsup     |
| 1/4 | cup flour (optional)          | 1/2 | bottle water      |
| 1/2 | tsp. sage                     |     |                   |

Fry hamburger and onion. Add rest of ingredients and simmer and stir over very low heat. Add 1/2 tbsp. worcestershire sauce after it is cooked. A little bay leaf may be added while cooking.

—Esther Pupp

## NEW POTATOES WITH WHIPPED CREAM SAUCE

- |       |                            |     |                       |
|-------|----------------------------|-----|-----------------------|
| 1 1/2 | lbs. small new potatoes    | 3/4 | tsp. salt             |
| 1/2   | pint whipping cream        | 1   | tbsp. chopped parsley |
| 1     | tbsp. instant minced onion | 2   | tbps. grated cheese   |
|       | or small green onions      |     |                       |

Boil potatoes with skins until tender, whip cream, fold in onion and salt. Drain potatoes, arrange on serving platter. Spoon cream over potatoes and garnish with parsley and cheese.

—Verna Halverson

## COUNTRY PIE WITH BEEF CRUST

### THE CRUST:

- |       |   |     |                          |
|-------|---|-----|--------------------------|
| 1/2   | 8 oz. can (1/2 cup) Hunt's tomato sauce | 1/8 | tsp. pepper              |
| 1/2   | cup bread crumbs                        | 1   | lb. ground beef          |
| 1/4   | cup chopped onions                      | 1/4 | cup chopped green pepper |
| 1 1/2 | tsp. salt                               | 1/8 | tsp. oregano             |

Combine all ingredients and mix well. Pat this mixture into bottom and pinch 1 inch flutings around the edges of a greased 9 inch pie plate. Set this aside.

### THE FILLING:

- |       |                             |     |                           |
|-------|-----------------------------|-----|---------------------------|
| 1 1/3 | cups Minute Rice (uncooked) | 1   | cup grated cheddar cheese |
| 1     | cup water                   | 1/2 | tsp. salt                 |
| 1 1/2 | cups Hunt's tomato sauce    |     |                           |

Combine rice, tomato sauce, salt, water and 1/4 cup of the cheese. Spoon this rice mixture into meat shell. Cover with aluminum foil. Bake in moderate oven (350°) 25 mins. Uncover and sprinkle top with remaining cheese. Return to oven and bake uncovered 10 to 15 mins. longer. Cut in pie shaped pieces and serve.

—Verna Halverson



### CHICKEN POT PIE

- |   |                     |   |                     |
|---|---------------------|---|---------------------|
| 1 | cup fresh peas      | 1 | cup diced carrots   |
| 2 | cups diced potatoes | 2 | cups cooked chicken |
| 3 | small onions        |   |                     |

METHOD—Cook vegetables in 2 cups chicken broth (more water if needed). Season well, add chicken. Thicken if necessary with milk and flour. Turn into butter casserole or divide into custard cups. Top with biscuit mixture. Brush with cream to glaze. Bake 20 mins. at 375°.

#### BISCUIT TOPPING:

- |               |                    |   |                  |
|---------------|--------------------|---|------------------|
| $\frac{3}{4}$ | cup flour          | 3 | tbps. shortening |
| 1             | tsp. baking powder |   | Milk             |
| $\frac{1}{2}$ | tsp. salt          |   |                  |

Sift dry ingredients, cut in shortening. Add enough milk to make soft dough. Roll  $\frac{1}{4}$ " thick. Cut to fit casserole and press edges down firmly. Cut vents to allow steam to escape. Bake as directed.

—Betty Gunderson

### TOP OF STOVE CASSEROLE

- |   |                   |   |                          |
|---|-------------------|---|--------------------------|
| 1 | pkg. Kraft Dinner | 1 | can tomatoes             |
| 1 | lb. hamburger     |   | salt and pepper to taste |
| 1 | onion chopped     |   |                          |

Prepare Kraft Dinner as directed on package. Fry hamburger and onion. Combine ingredients and add tomatoes and salt and pepper. Heat and serve. Sprinkle with grated parmeson cheese at serving.

—Mrs. F. Sparks

### CHILI

2 cups chili beans, in large kettle in cold water. When partly cooked add  $\frac{1}{2}$  tsp. baking soda. Cook for few mins. with lid off, drain, add fresh water and continue to boil slowly. Watch closely so they do not boil dry and burn.

1 good size onion fried light brown. 2 lbs. hamburger or ground beef fried light brown. As these are cooked add to the beans. Add one large tin tomatoes or 2 tins tomato soup, 1 level tbsp. chili powder, a few pieces chopped celery, salt and pepper to taste.

Cook all slowly for about 2 hrs. add water to be as juicy as you like it.

—Winnie Fleming

### TAGAREENE (Supper Dish)

- |   |                             |   |                            |
|---|-----------------------------|---|----------------------------|
| 1 | lb. ground beef             | 1 | small onion (chopped fine) |
| 1 | green pepper (chopped fine) |   |                            |

Brown together in frying pan. Cook  $\frac{1}{2}$  to  $\frac{3}{4}$  pkg. of noodles. Place in casserole, layer of meat mixture, noodles, nibblet corn and  $\frac{1}{4}$  lb. cubed cheese ending with meat.

Top with a can of tomato soup and  $\frac{1}{4}$  can of water.

Bake in oven (350°) for 45 mins.

—Joan Pupp

### SHIPWRECK CASSEROLE

Grease casserole, slice 4 large onions in bottom, add  $1\frac{1}{2}$  cups water. Slice 10 or 12 raw potatoes; add salt and pepper to suit taste. Add  $\frac{2}{3}$  cup rice and over the top put  $1\frac{1}{2}$  lbs. hamburger. Cover with 1 large tin tomatoes. Cover and cook 3 hrs. in slow oven.

—Mrs. W. Ingram

## **Koji's Wheel Alignment & Service**

**TUNE-UP — BRAKES**

Bus. 223-3318 - Phones - Res. 223-2662

## **M & R SERVICE**

**SPECIALIZED CAR SERVICE**

**Approved A.M.A. Towing**

Phone 223-3289

Taber, Alberta

## **TABER SHELL SERVICE**

Prop. W. Ray Hackett

**SHELL OIL PRODUCTS**

**and**

**GOODYEAR TIRES**

Phone 223-2711

Taber, Alberta

## **TABER FARM EQUIPMENT**

**For the Finest in Machinery**

**J. L. SHEARER**

Phone 223-2169

Taber, Alberta

### TUNA FISH CASSEROLE

- |   |                            |     |                     |
|---|----------------------------|-----|---------------------|
| 1 | 7 oz. pkg. of spaghetti    | 1/4 | cup grated cheese   |
| 1 | 7 oz. tin of tuna          | 1/4 | cup buttered crumbs |
| 1 | tin cream of mushroom soup | 2   | cups milk           |

Cook spaghetti until nearly tender, flake tuna. alternate layers of spaghetti, flaked tuna and mushroom soup (undiluted) in your casserole, beginning and ending with spaghetti. Season to taste, add milk and top with cheese and crumbs. Bake for about 45 mins in a 350° oven or until casserole is bubbly and golden brown.

—Mrs. P. G. Rumpel

### CHICKEN PUFF CASSEROLE

- |     |                     |       |                            |
|-----|---------------------|-------|----------------------------|
| 1/2 | cup flour           | 1     | cup chicken cut fine       |
| 2   | tsps. baking powder | 2     | tsps. scraped onions       |
| 1/2 | tsp. salt           | 1/2   | cup grated raw carrot      |
| 2   | eggs                | 2     | tbps. melted butter or fat |
| 1   | cup milk            | 1 1/2 | cups chicken gravy         |

Sift together flour, baking powder and salt, add beaten egg yolks and milk. Add chicken, onion, grated carrot and melted fat and beat well. Fold in the stiffly beaten egg whites. Bake in a greased baking dish in hot oven 425° for about 25 mins. Serve with hot chicken gravy.

—Mrs. Anna Ingram

### CABBAGE ROLLS

- |   |                                  |     |                             |
|---|----------------------------------|-----|-----------------------------|
| 1 | lb. fresh ground pork            | 1   | large onion (chopped fine)  |
| 1 | lb. fresh ground beef            | 2   | tbps. salt                  |
| 4 | cups cooked rice                 | 3   | tbps. worchestershire sauce |
| 1 | lge. green pepper (chopped fine) | 1/4 | tsp. pepper                 |

Mix all well, roll about 3 tbps. of mixture into each cabbage leaf. Place into roaster in layers. Pour over tomato juice, enough to cover all rolls, bake in oven about 3 1/2 hrs at 350°. Will keep well in freezer.

—Gert Scheuerman

### COMPANY CASSEROLE

- |   |                            |   |                 |
|---|----------------------------|---|-----------------|
| 1 | can cream of mushroom soup | 1 | can mushrooms   |
| 1 | can bean sprouts (drained) | 1 | cup cashew nuts |

Mix all ingredients together, place in casserole dish. Bake for one hr. at 375°.

—Eileen Lee

### PECAN HAM ROLL-UPS

- |     |                            |     |                      |
|-----|----------------------------|-----|----------------------|
| 2   | cups mashed sweet potatoes | 3   | tsbps. sugar         |
| 3   | tbps. melted fat           | 1/4 | cup chopped pecans   |
| 1/2 | cup crushed pineapple      | 6   | slices of boiled ham |
| 1/2 | cup crumbs                 | 3/4 | cup pineapple juice  |

Combine sweet potatoes, fat, pineapple, crumbs and sugar. Add pecans and mix well. Spread this filling on the ham, cut 1/8 inch thick. Roll as for jelly roll, fasten with toothpicks or tie. Place in baking dish and cover with pineapple juice. Bake in 350° oven, 20 mins. Baste frequently.

Serves 3.

—Ann Anderson

### ITALIAN SPAGHETTI SAUCE

This may be prepared and put in sealers (as preserves to use whenever needed). Also will store well in freezer. Cool before putting in cartons, then freeze.

In dutch oven start with:

3 tbsps. bacon fat or lard

Heat pan then add 2 to 3 lbs. fresh lean pork (cut in small pieces), let brown slightly, then add, as you go along:

2	chopped onions	2	crushed red chillies (or more if you like hot sauce)
2	chopped green peppers		
2	tbsps. salt	1	6 oz. tin tomato paste
1/3	tsp. pepper	2	28 oz. tins tomatoes

Simmer slowly about 3 hrs. This makes about 3 to 3 1/2 qts. sauce.

At meal time pour over cooked spaghetti, mix well. Sprinkle with parmesillo grated cheese if desired.

—Gert Scheuerman

### SEVEN LAYER DINNER

Layer of raw potatoes

1/4 cup rice

Layer of raw carrots

1 tin peas and liquid

Layer of raw onions

Arrange in greased casserole. Arrange 1 lb. sausage on top and pour over all a can of diluted tomato soup. Cook covered for 1 hr. and uncovered for another 1 hr. in 350° oven.

—Betty Gunderson

### QUICK SUPPER DISH

1 lb. hamburger

carrots

1 can mushroom soup

onions

Potatoes

Brown beef in pan and season with salt and pepper. Put in bottom of casserole and cover with layer of onions, then carrots, then potatoes. Pour soup over all and bake one hr.

—Dorothy Dick

### SALMON SOUFFLE

2 tbsps. butter

1 cup milk

2 tbsps. flour

Make white sauce of above mixture, and add to two well beaten egg yolks. Fold in:

1 1/2 tsp. salt

1 1lb. tin salmon, flaked

1/4 tsp. nutmeg

2 stiffly beaten egg whites

dash of pepper

Bake at 325° for 45 mins., set baking dish in pan of water.

—Bula Kirkoff

### PORK TENDERLOIN IN CASSEROLE

1 1/2 lbs. pork tenderloin

salt and pepper

1 egg

crumbs

1 tin mushroom soup

Dip tenderloin in egg and crumbs and brown quickly on both sides in a bit of fat. Remove and place in casserole dish. Add a bit of water to fat and tin of soup and seasoning. Pour over tenderloin, until covered. Bake in covered dish 350° for 1 1/2 hrs.

Real tasty.

—Geneva Fenton

## BAKED SHRIMP AND CHEESE DELIGHT

- |       |   |     |                               |
|-------|---|-----|-------------------------------|
| 1     | can cream of mushroom soup or<br>cream of celery soup   | 1/2 | cup shredded cheese           |
| 2     | tbsps. margarine  | 1/2 | cup undiluted evaporated milk |
| 1     | 5 oz. can shrimp (or 1 lb.<br>fresh shrimp)             | 3   | tbsps. catsup                 |
|       |   | 1/2 | tsp. worcestershire sauce     |
| 1 1/2 | cups cooked noodles (or 1 1/2<br>cups rice or macaroni) |     | salt and pepper               |

Heat soup with 1/2 cup milk. Mix lightly with shrimp, noodles and cheese. Combine milk, catsup, worcestershire sauce and seasonings. Add to shrimp mixture. Pour into casserole, top with crushed corn flakes or bread crumbs. Bake 25 mins. at 350°.

P.S.—Cooked cubed chicken is good in place of shrimp.

## SWISS STEAK

- |     |                     |     |                           |
|-----|---------------------|-----|---------------------------|
| 2   | or 3 steaks         | 1   | tsp. dry mustard          |
| 2   | tbsps. flour        | 1/2 | tsp. chili powder         |
| 1   | tsp. salt           | 1   | small bay leaf            |
| 1/8 | tsp. pepper         | 2   | tsp. worcestershire sauce |
| 2   | tbsps. oil          | 1   | tsp. sugar                |
| 1   | 20 oz. can tomatoes | 1/4 | cup water                 |
| 1/4 | cup chopped onion   |     |                           |

Combine flour, salt and pepper and pound well into meat. Heat oil and brown meat. Combine remaining ingredients and pour over meat. Cover and cook till tender, 1 1/2 to 2 hrs.

—Mrs. Mae Malinsky

## SALMON LOAF (6 Servings)

- |       |                      |     |                              |
|-------|----------------------|-----|------------------------------|
| 1     | tbsps gelatine       | 3/4 | cup milk                     |
| 1/4   | cup cold water       | 2   | tbsps. mild vinegar          |
| 2     | egg yolks            | 1   | can salmon, tuna or crabmeat |
| 1     | tsp. salt            | 1   | tsp. mustard                 |
| 1 1/2 | tbsps. melted butter |     | few grains cayenne           |

Soak gelatine in cold water five mins. Mix egg yolks, slightly beaten, with salt, mustard and cayenne; then add butter, milk and vinegar. Cook in double boiler, stirring constantly, until mixture thickens. Add gelatine and salmon, separated into flakes. Turn into wet mold, chill and remove to bed of crisp lettuce leaves.

—Mrs. John Haugaard

## FILETS PIQUANT

Lay 2 lbs. of fresh or frozen fish fillets in a shallow baking dish, the bottom of which is covered with bread crumbs. Pour over the fish a sauce made with the following:

- |     |                             |     |                       |
|-----|-----------------------------|-----|-----------------------|
| 1   | tbsp. vinegar               | 1   | tsp. prepared mustard |
| 1   | tbsps. worcestershire sauce | 1   | tsp. salt             |
| 1   | tbsp. lemon juice           | 1/8 | tsp. pepper           |
| 1/2 | cup melted butter           |     |                       |

Mix until smooth, pour over the fish. Garnish with paprika and baste several times. Bake at 450°.

—Mrs. John Haugaard

## FISH CAKES

- |                       |                         |
|-----------------------|-------------------------|
| 1 large can of salmon | ¼ tsp. pepper           |
| 1 small onion         | bread or cracker crumbs |
| 1 egg                 |                         |

Put salmon and salmon liquid in mixing bowl, flake well with fork. Put onion through food chopper and add to salmon. Then add egg, well beaten, then pepper and bread crumbs to hold mixture firm. Make into patties and fry in 2 tbsps. hot shortening.

—Mrs. Thora McKnight,  
Bow Island

## HEARTY BEEF TREAT

- |                      |                         |
|----------------------|-------------------------|
| ½ cup chopped celery | 2 tsp. prepared mustard |
| ½ cup chopped onion  | 1 tsp. sauce            |
| 1 lb. ground beef    | 2 cups cooked peas      |
| 2 tbsps. shortening  | ½ cup liquid from peas  |
| 1 tsp. salt          | 1 can tomato soup       |
| ¼ tsp. pepper        |                         |

Lightly brown celery, onion and meat in the melted fat, stir occasionally. Add remaining ingredients, heat thoroughly. Fill centre of Tomato Rice Ring.

—Molly Matsumoto

## TOMATO RICE RING

- |                    |                      |
|--------------------|----------------------|
| 2 cans tomato soup | ¼ grated onion       |
| 4 cups water       | 2 cups uncooked rice |

Heat to boiling; soup, water and onion. Add rice, cook (covered) over low heat for 20 mins. stir occasionally. Remove from heat, uncover, allow to stand for 10 mins. until rice absorbs remaining water. Pack in greased 1½ qt. ring mould. Set in hot water until ready to serve. Unmould on platter, fill centre.

—Molly Matsumoto

## MACARONI AND HAMBURGER

- |                        |                                     |
|------------------------|-------------------------------------|
| 2 cups cooked macaroni | 2 tbsps. French sweet pepper flakes |
| 2 cups hamburger       | ½ tsp. dry mustard                  |
| 1½ cups tomatoes       | ¼ tsp. pepper                       |
| 1 tsp. salt            | 2 tbsps. onion flakes               |

Cook hamburger in cooking fat until brown. Place alternate layer of macaroni, tomato and hamburger in a greased casserole dish, seasoning each layer with salt, pepper, mustard, onion flakes and red pepper flakes. Dot with butter and bake in moderate oven (350°) for 30 mins.

—Molly Matsumoto

## MEAT LOAF FROM LEFTOVERS

- |                            |                          |
|----------------------------|--------------------------|
| 2 cups cold meat           | salt and pepper to taste |
| 1 cup cold mashed potatoes | 3 eggs, well beaten      |
| ½ cup flour                |                          |

Mix all thoroughly. Bake in loaf or patties for 30 mins. Less time for patties.

—Molly Matsumoto

## **Perdue Motors (1958) Ltd.**

**Massey-Ferguson Farm Implements**

**Purity 99 Gas, Oils and Greases**

**Buick and Pontiac Cars - G.M.C. Trucks**

**Noble Blades & Cultivators - Eversman Land Levellers**

Phones: Sales 2034 - Parts and Service 2033

P.O. Box 1059

Taber, Alberta

## **TABER FROZEN FOODS LTD.**

**and LOCKER SERVICE**

**CUSTOM CURING A SPECIALTY**

**Finest in Fresh and Cured Meats, Fish and Groceries**

P.O. Box 309

Phone 2311

## **TABER FEED MILL**

**SHUR-GAIN FEED SERVICE**

**Full Line Household Flour**

Phone 223-2253

Taber, Alberta

## **TABER AUTO ELECTRIC**

**COMPLETE AUTO, TRUCK, TRACTOR  
ELECTRIC**

Phone 223-3040

Taber, Alberta



# ORIENTAL DISHES

## SHRIMP DEEP FRY

Peel the shrimp except the tail. Slit from the back and remove the black vein if there is any. Pound very lightly with a knife. Lay flat and sprinkle with salt. Dip in a batter and fry in deep fat, Mazola or Wesson oil is recommended.

### BATTER:

- |                             |                      |
|-----------------------------|----------------------|
| 1½ cups flour               | 1 egg                |
| 1 cup water (approximately) | pinch of baking soda |

Measure flour in bowl and add cold water. With fork, stir slightly until the flour is lumpy. Too much mixing will cause the batter to become doughy. Add egg unbeaten to the flour and stir lightly until egg is broken, but do not mix too well. The batter should be soft but not smooth. Two eggs may be used if preferred.

—Betty Uyesugi

## SWEET AND SOUR

- |                       |               |
|-----------------------|---------------|
| 1 lb. pork spare-ribs | ¼ cup sugar   |
| ⅓ tsp. salt           | ¼ cup vinegar |
| 1 egg                 | ¼ cup catsup  |
| 1 tbsp. cornstarch    | ¼ tsp. accent |

Cut spare-ribs into 1" pieces. Put in a bowl, add egg, salt and cornstarch and mix well. Deep fried in Mazola oil till slightly brown. Place this in a deep saucepan, add sugar, vinegar and catsup and cook for 15 mins.; add accent just before removing from heat.

—Betty Uyesugi

## TERI-YOKI CHICKEN OR FISH

- |                             |                            |
|-----------------------------|----------------------------|
| ½ cup sugar                 | ½ tsp. grated fresh ginger |
| ½ cup soy sauce             | (optional)                 |
| 1 tsp. monasodium glutamate | or ½ tsp. ginger powder    |
| ¼ cup water                 |                            |

Marinate fish steaks or chicken in sauce for four hrs. or more, then broil, basting with left-over sauce.

—Mary Saruwatari

## PORK CHOW MEIN

- |                            |                          |
|----------------------------|--------------------------|
| 1 lb. pork                 | 3 tsps. sugar            |
| 1 med. stalk of celery     | 2½ tsp. salt             |
| 1 lb. bean sprouts         | 2 tsp. accent            |
| 3 med. onions              | 2 eggs                   |
| 1 lb. mein (fried noodles) | 2 green onions (chopped) |
| 1 clove garlic             |                          |

Cut pork meat into thin strips. Heat large skillet, fry meat with garlic (dice garlic very small). Add ½ tsp. salt, cut celery into thin matchstick lengths, halve onions and slice thin, add this to the meat, stir, then add bean sprouts. Mix well, and add 2 tsp. salt, sugar and accent. When the vegetables begin to cook, add fried noodles (mein). Turn the heat low and cook for a few mins., while mixing constantly.

Garnish with eggs (fried paper thin and cut very thin.)

—Betty Uyesugi

## HAM FRIED RICE

- |   |  |               |                           |
|---|--|---------------|---------------------------|
| 2 | tbps. peanut oil or lard                     | 4             | cups cooked rice          |
| 2 | eggs (beaten)                                | $\frac{1}{4}$ | tsp. salt                 |
| 3 | slices of cooked ham (chop into tiny pieces) | 3             | tbps. chopped green onion |

Put peanut oil in frying pan until hot, then put in beaten eggs, when eggs almost cooked, put rice and all the ingredients in and mix well, turn off heat, keep turning the fried rice until green onion is cooked. Makes 3 to 4 servings.

—Mrs. R. How

## CHINESE DUCK AND CHICKEN

- |   |   |               |                                      |
|---|---|---------------|--------------------------------------|
| 1 | large duck or 2 small ducks or a 4 lb. roasting chicken | 1             | tsp. crystallized ginger, finely cut |
| 1 | can sliced pineapple (No. 2 $\frac{1}{2}$ size)         | 2             | cloves garlic                        |
| 1 | can mushrooms (8 oz. size)                              | $\frac{1}{2}$ | tsp. salt                            |
|   |   | $\frac{1}{2}$ | cup butter or drippings              |
|   |   | 2             | or 3 tps. soy sauce                  |

Prebake duck in oven and when cool cut into serving size pieces, or, if chicken is used, bake, braise or stew as desired and cut into serving size pieces before or after cooking.

Drain pineapple juice from slices, open can of mushrooms, cut ginger fine, then mince and mash garlic to a pulp with salt (to do this use flat side of knife on bread board).

Saute pineapple slices in butter, in frying pan till brown.

Transfer to roasting pan and keep hot.

Add mushrooms and saute in frying pan until brown.

Add soy sauce, pineapple juice, ginger and garlic and cook to rich sauce. Adjust seasoning as needed.

Place cooked fowl in this sauce, and heat gently until piping hot.

Serve with rice and slices of pineapple. (Serves 8 to 10.)

—Mitzi Ishida

## BREADED SWEET AND SOUR SPARE-RIBS DEEP FRIED

- |   |                          |               |                         |
|---|--------------------------|---------------|-------------------------|
| 3 | lbs. young spare-ribs    | 1             | tsp. salt               |
| 2 | bowls dried bread crumbs | $\frac{1}{2}$ | tsp. pepper             |
| 2 | tbps. flour              | $\frac{1}{2}$ | tsp. ajinomoto (accent) |
| 2 | eggs                     |               |                         |

Have spare-ribs chopped in  $1\frac{1}{4}$  in. pieces. Mix flour and bread crumbs well. Beat eggs and add salt, pepper and accent. Add spare-ribs to egg mixture, mix well. Coat with bread crumb mixture. Put  $1\frac{1}{2}$  cups oil into an electric frying pan, and deep fry spare-ribs at  $400^{\circ}$  until golden brown and cooked. Remove from oil and serve hot.

### SWEET AND SOUR SAUCE FOR SPARE-RIBS:

Mix well:

- |               |                  |               |                          |
|---------------|------------------|---------------|--------------------------|
| 2             | cups water       | $\frac{3}{4}$ | cup sugar                |
| $\frac{1}{2}$ | tsp. accent      | 4             | tbps. soy sauce          |
| $\frac{1}{2}$ | cup vinegar      | 2             | heaping tbps. cornstarch |
|               | juice of 1 lemon |               |                          |

Stirring constantly, cook until mixture thickens like gravy and immediately turn to low flame. Add the spare-ribs and a few sweet pickles. Turn and mix well, cover, turn off flame, let simmer on off flame for 1 min. Serve hot.

—Mitzi Ishida

## CHICKEN TERI-SAUCE BARBECUE

### TERI-SAUCE:

- |     |              |     |                 |
|-----|--------------|-----|-----------------|
| 3   | tbps. brandy | 5/8 | cup soy sauce   |
| 1/2 | cup sugar    | 1   | med. size fryer |

Cut chicken into serving pieces, and soak in teri-sauce overnight or few hrs. Place chicken on broiler pan and broil until golden brown. Serve hot or cold.

—Betty Uyesugi

## SHRIMP FUYON (Egg Omelette)

- |   |                   |   |                   |
|---|-------------------|---|-------------------|
| 4 | eggs              | 1 | small can shrimps |
|   | few grains accent |   | few grains salt   |
| 1 | onion             | 2 | tsps. sugar       |
| 1 | stalk celery      | 1 | tbps. cornstarch  |
| 1 | med. green pepper |   |                   |

Beat eggs with fork, add accent, chopped vegetables and shrimps. Season with salt. Fry 1/2 cup mixture at one time until slightly brown, turn over and brown other side. Repeat until all the mixture is fried. Put the fried omelettes in a pan, pour hot water (enough to cover) over omelettes and bring to a boil. Take the omelettes out gently, and with the broth make a gravy, seasoning with sugar, salt and accent and thicken with cornstarch (diluted with water). Place fried omelettes in a deep platter, pour hot gravy over it and serve hot (Serves 4)

—Betty Uyesugi

## FRIED RICE

- |   |                           |   |                           |
|---|---------------------------|---|---------------------------|
| 1 | cup rice                  | 1 | egg fried well and cut in |
| 1 | green pepper chopped      |   | small pieces              |
| 4 | or 5 green onions chopped | 1 | can shrimp                |

Cook rice. Saute green pepper and onions 5 mins. Add cooked rice, egg and shrimp and fry approximately 10 mins. Serves 4.

—Helen Gilbertson

# TABER TRANSPORT

"25 YEARS SERVING SOUTH ALBERTA"

AGENTS - ALLIED VAN LINES LTD.

Taber, Alberta

# PICKLES, RELISHES AND JAMS

## CUCUMBER RELISH

- |                         |                  |
|-------------------------|------------------|
| 10 med. cucumbers       | 6 red peppers    |
| 1 small to med. cabbage | 6 onions (large) |
| 6 green peppers         |                  |

Put all ingredients through food chopper. Sprinkle generously with salt and let stand overnight.

Drain well and add following:

- |                      |                  |
|----------------------|------------------|
| 9 cups sugar         | 1/2 gal. vinegar |
| 1/4 lb. mustard seed |                  |

Cook for 30 mins. stirring to prevent burning.

Make a paste of:

- |                     |                           |
|---------------------|---------------------------|
| 2/3 cup flour       | enough cold water to make |
| 1/2 cup dry mustard | smooth paste              |
| 1/2 oz. tumeric     |                           |

Add to hot mixture, stirring constantly, simmer for 2 mins. Pour into sterilized jars and seal.

—Verna Halverson

## FRUIT RELISH

- |                  |                 |
|------------------|-----------------|
| 30 ripe tomatoes | 3 green peppers |
| 6 onions         | 4 cups sugar    |
| 6 apples         | 2 tbsps. salt   |
| 4 pears          | 1 qt. vinegar   |
| 5 peaches        |                 |

Chop all fruits and vegetables quite small. Add remaining ingredients: Tie 1/2 cup mixed pickling spices in bag, drop into mixture and simmer slowly about 2 1/2 hrs. or until thickened.

Bottle and seal.

—Mrs. Ray Vennard

## HOT DOG RELISH

- |                    |                                  |
|--------------------|----------------------------------|
| 2 qts cucumbers    | 3 green peppers                  |
| 1-2 qts. onions    | 1 bunch of celery or celery seed |
| 1 red sweet pepper |                                  |

Put through meat grinder.

Add:

- |                         |                 |
|-------------------------|-----------------|
| 5 cups granulated sugar | 1/2 oz. tumeric |
| 1/2 cup salt            | 2 cups vinegar  |
| 2 oz. mustard seed      | 1/2 cup flour   |

Boil for 1/2 to 3/4 hour and seal.

—Marguerite Little

## DILL PICKLES

- |                   |                       |
|-------------------|-----------------------|
| 1/4 cup vinegar   | 5-7 drops oil of dill |
| 1 1/2 tbsps. salt | Alum, size of peas    |
|                   | 1 clove of garlic     |

Put cucumbers in a bottle. Add the ingredients. Pour boiling water over them and seal.

—Elsie Oddie

## **CRANFORD FARM SUPPLIES**

**B. F. GOODRICH TIRES**

**WHITE ROSE PRODUCTS**

**Free Delivery on Bulk Fuel and Oil**

Repairs on All Makes of  
**CARS, TRUCKS AND TRACTORS**

Phone 223-8260

Cranford, Alberta

## **J. M. Williams Farm Supplies Ltd.**

**YOUR INTERNATIONAL HARVESTER DEALER**

**GENERAL STORE**

**EVERYTHING FOR THE FARM**

Phone 223-8271

Cranford, Alberta

**SEE OUR COMPLETE LINE OF**

**PLUMBING**

**TINSMITHING AND**

**HEATING REQUIREMENTS**

## **TABER PLUMBING & HEATING**

P. A. Freeland

Phone 223-2278

## **ODDIE'S CENTRAL DRUGS**

**WHEN PRESERVING OR FREEZING FRUIT USE  
VITAMIN A or FRUIT FREEZE**

Also Headquarters for:

**Prescriptions - Cosmetics  
Baby Supplies - Photo Supplies**

Phone 223-2245

Taber, Alberta

## SWEET GHERKINS

- |     |                      |     |                          |
|-----|----------------------|-----|--------------------------|
| 4   | qts small cucumbers  | 1/4 | cup coarse salt          |
| 16  | cups boiling water   | 1/4 | cup mustard seed         |
| 1   | cup coarse salt      | 1/2 | cup mixed pickling spice |
| 8   | cups white vinegar   | 7   | cups granulated sugar    |
| 1/4 | cup granulated sugar |     |                          |

Wash cucumbers, scrub well, rinse, drain well and place in a crock. Cover with with hot brine made by combining boiling water and the one cup of salt. Pour over cucumbers, cover and let stand overnight.

Drain cucumbers thoroughly and place in clean, dry crock. Combine vinegar, the 1/4 cup sugar and spices. Pour over cucumbers. Each morning for the next fourteen days add 1/2 cup sugar, stirring well to dissolve the sugar. When the last of the sugar is added, remove spices. Pack cucumbers in jar and pour the cold syrup over the pickles. Seal and store in cool place. Makes about 4 qts.

—Marguerite Little

## MUSTARD PICKLES

- |   |                         |   |                   |
|---|-------------------------|---|-------------------|
| 8 | large cucumbers, peeled | 1 | lb. silverskins   |
|   | and remove seeds        | 1 | small cauliflower |
| 1 | stalk celery            | 2 | red peppers       |
| 3 | onions                  | 1 | tin wax beans     |

Cut vegetables in small pieces, soak overnight in brine: 1/2 cup pickling salt, cold water, cover.

SAUCE:

Heat 3 1/2 cups sugar, 2 cups vinegar, 1 1/2 tbsps. celery seed. Mix 1 cup vinegar, 1/2 cup flour, 2 tbsps. mustard, 2 tsps. tumeric, add to hot syrup. Drain and add all vegetables, cook for 15 minutes.

—Mrs. Lee Wagar

## CUCUMBER RINGS

- |   |               |   |                    |
|---|---------------|---|--------------------|
| 6 | lbs cucumbers | 1 | gal. boiling water |
| 2 | tsps. alum    |   |                    |

SYRUP:

- |   |                   |     |                     |
|---|-------------------|-----|---------------------|
| 3 | pints vinegar     | 1   | oz. whole allspice  |
| 2 | cups water        | 2   | sticks cinnamon     |
| 9 | cups sugar        | 5-6 | sticks whole ginger |
| 1 | oz. cinnamon buds | 2   | tsps. mustard seed  |

Cut cucumbers in 1/2 inch slices. Remove seed section. Cover with a brine strong enough to float an egg (1 lb. salt to 9 pints of water.) Soak 5 days. Drain. Sprinkle with alum, pour 1 gal. boiling water over pickles. Leave overnight. Rinse with cold water. Boil syrup and pour over pickles.

For the following 2 days, drain the syrup off the pickles, bring to boil, then pour back over the pickles.

—Grace Fabbri

## SWEET DILL PICKLES

First prepare syrup:

- |   |              |   |            |
|---|--------------|---|------------|
| 4 | cups vinegar | 2 | cups sugar |
|---|--------------|---|------------|

Fill jars with small cucumbers or cut if too large. To each qt. jar put:

- |   |            |     |                          |
|---|------------|-----|--------------------------|
| 1 | dill sprig | 1/4 | tsp. alum                |
| 1 | tbps. salt | 1   | clove garlic, if desired |

Add 1 cup syrup, then fill jar with boiling water and seal.

—Gert Scheuerman

### DANISH RECIPE FOR RIPE CUCUMBERS

- |                                |    |                              |
|--------------------------------|----|------------------------------|
| Approx 50 large cucumbers      | 3  | small onions cut in quarters |
| 3 qts. vinegar                 | 10 | bayleaves                    |
| 1½ qts. water                  | 2  | tsps. black pepper.          |
| 7½ cups sugar                  | 3  | tsps. whole mustard          |
| 5 small pcs. diced horseradish |    |                              |

Peel and cut large cucumbers in half lengthwise. Remove seeds and pulp with a spoon. (Resembling a boat) put in crocks in layers with salt 8 to 10 tbsps. Leave overnight. Second day dry every cucumber with a towel. Mix vinegar, sugar and spices, pour over cucumbers. Cover and leave 8 days. Pour off the vinegar and spices, bring this to a boil. Put four cucumbers in the syrup at one time, boil 1 to 2 mins. Repeat until all cucumbers are done. Now boil the syrup alone 2 mins., pour over cucumbers. Cover when still hot. Makes 2 gals.

—Dorothy Iskov

### SWEET MIXED PICKLES

- |  |   |                    |
|--|---|--------------------|
| 6 lbs. sliced or small whole cucumbers | 4 | green peppers      |
| 1 large cauliflower                    | 4 | red peppers        |
| 3 lbs. silverskin onions               | 1 | cup salt           |
|  | 1 | gal. boiling water |

Cut cauliflower in pieces. Slice peppers thin. Peel onions. Put all in a crock, cover with brine. Allow to stand for 2 days.

Drain and rinse well. Pack in sterilized sealers and pour over them syrup.

#### SYRUP:

- |                                     |   |                   |
|-------------------------------------|---|-------------------|
| 1 qt. vinegar                       | 1 | tsp. mustard seed |
| ½ cup whole mixed spice tied in bag | 3 | lbs. sugar        |
|                                     | 1 | pt. water         |

Combine and boil 5 mins. Cool, then pour over pickles in jars and seal.

—Mary Munro  
Calgary, Alberta

### HEAVENLY JAM

- |           |    |         |
|-----------|----|---------|
| 4 oranges | 12 | peaches |
| 2 lemons  | 12 | apples  |
| 12 pears  |    | sugar   |

Put oranges and lemons through food chopper, using medium blade. Place in kettle and boil slowly while preparing other fruit.

Peel pears, peaches and apples, put through food chopper using coarse blade. Add to first mixture. Measure fruit and add 1 cup of sugar for each cup fruit.

Cook slowly until sugar is dissolved, stirring constantly, then cook rapidly until thick and clear, about 30 minutes. Ladle into sterilized jars. When cool, cover with layer of melted paraffin and top with lids.

—Verna Halverson

### STRAWBERRY JAM

Four cups crushed strawberries, seven cups granulated sugar. Let come to a boil for two minutes. Remove from heat and stir in 1 tbsp. Epsom Salts for five minutes. Then bottle in sterilized sealers.

—Mrs. John Haugaard



### BEET JELLY

Boil beets and use water. To each 3 cups juice add 3 tbsps. lemon juice and boil 5 minutes. Add 1 pkg. certo crystals. Bring to a boil. Add 4 cups sugar and boil 6 minutes.

Makes 2½ pts.

—E. Thurlow

### FAVORITE PEACH JAM

3 lbs ripe peaches mashed, 3 lbs. white sugar. Let stand overnight, in morning add juice and pulp of 2 oranges. Grated rind of 1 orange, 1 small bottle of maraschino cherries and juice, chopped. Cook slowly for 1 hour and bottle.

—Mrs. Hamshaw

## Electric Motor Sales and Service

Tak Saruwatari

### COMPLETE REPAIR SERVICE

P.O. Box 1275

Phone 223-3360

## JACK'S CONFECTIONERY

### CONFECTIONERY & GROCERIES

Phone 223-3220

Taber, Alberta

## CAMPBELL ELECTRIC LIMITED

### FRIGIDAIRE APPLIANCES

SALES and SERVICE

Phone 223-2242

# PIES

## OZARK PIE

- |                       |                          |
|-----------------------|--------------------------|
| 1 egg (beaten)        | 1 1/2 tsp. baking powder |
| 3/4 cup sugar         | 1 tsp. vanilla           |
| 1/2 cup flour         | 1/2 cup nut meats        |
| 3/4 cup chopped apple | pinch of salt            |

Bake 35 mins. at 350° oven - Serve with whipped cream or ice cream.

—Mrs. P. G. Rumpel

## STRAWBERRY CUSTARD PIE

- |               |                     |
|---------------|---------------------|
| 3 eggs        | 2 1/4 cups hot milk |
| 1/4 tsp. salt | 1 tsp. vanilla      |

Beat eggs slightly, add sugar, salt and vanilla, then add milk gradually. Strain and pour into pie crust, bake in hot oven 450° for 15 min.

Reduce heat to 325° and bake until custard is set, about 25 mins. When pie has cooled, spread with sweetened fruit over filling and cover with whipped cream.

—Mrs. R. D. Hudgens,  
Midland, Texas

## HONEY PUMPKIN PIE

Make pastry for 9" crust pie.

- |                                  |                 |
|----------------------------------|-----------------|
| 1-3/4 cups mashed cooked pumpkin | 1/2 tsp. salt   |
| 1 1/2 cups milk                  | 1 tsp. cinnamon |
| 2 eggs                           | 1/2 tsp. ginger |
| 1/3 cup brown sugar              | 1/4 tsp. cloves |
| 1/3 cup honey                    | 1/2 tsp. nutmeg |

Beat together with rotary beater.

Pour into pastry lined pie pan. Bake 40 - 45 mins. (or until a knife inserted into side of filling comes out clean; centre is soft but will "set" later) in 400° oven.

—Peg Broadfoot

## NEVER FAIL PASTRY

Sift 2 cups all-purpose flour and 3/4 tsp. salt, add 3/4 cup shortening, cut into flour with pastry blender. 6 tbsps. of cold water, add 1/4 cup sifted flour, stir until smooth, add to first mixture, blend. Chill 1/2 hr. and use.

Can be used right away too.

—Ruth Maier

## PIE CRUST

- |                      |                      |
|----------------------|----------------------|
| 5 cups flour         | 1 tsp. baking powder |
| 3 tbsps. brown sugar | 1 lb. shortening     |
| 1 tbsps. salt        |                      |

Mix to crumb mixture.

LIQUID—1 egg in cup, slightly beaten, fill cup to 3/4 full. Add 2 tbsps. vinegar, Mix with crumb mixture.

—Mrs. Agnes Chipperfield

## PUMPKIN PIE

- |                   |                                |
|-------------------|--------------------------------|
| 1½ cups hot milk  | 2 eggs                         |
| 2 tbsp. butter    | ¾ tsp. salt                    |
| 1½ cups pumpkin   | 1½ to 2 tsp. pumpkin pie spice |
| ¾ cup brown sugar |                                |

Combine ingredients in bowl and blend thoroughly with beater.

Pour into unbaked pastry shell and bake in hot oven 400° for 10 mins., then 350° oven for about ½ hour longer.

—Eileen Scheurman

Why not try a ginger snap crust with your pumpkin pie?

Line pie plate with whole Old Fashion Ginger Snaps, cutting enough in halves to stand up around inside of plate.

## ONE CRUST APPLE PIE

Line large pie plate with a good crust.

Pare four medium apples, cut in half. Lay face down on crust.

Mix one cup white sugar with 3 tbsps. flour and 1 tsp. cinnamon, sprinkle over apples.

Over this pour 1 cup light coffee cream. Dot with butter.

Put in hot oven, 450° for 10 mins., reduce heat to 375° until apples are done.

Serve warm with cream or cold with whipped cream.

—Frances Reti

## PINEAPPLE PIE

- 1 baked pie shell

### FILLING:

- |   |  |
|---|--|
| 1 tbsp. cornstarch, dissolved in a little cold water. | 1 cup water  |
| 3 eggs (yolks beaten until light)                     | 1 tbsp. butter   |
| 1 cup crushed pineapple                               | juice of ½ lemon and 1 med. orange, add a little grated rind |
| 1 cup sugar   |  |

Mix all together and bring to a boil, adding egg yolks and cornstarch last. Stir until it thickens and pour into baked pie shell. Make meringue of the 3 egg whites and sugar and brown lightly.

—Pansy Cook

## RHUBARB-RAISIN MERINGUE PIE

Combine in a saucepan: 1¼ cups white sugar and 3 tbsps. tapioca. Add 3 cups of ½ inch pieces raw rhubarb, ½ cup raisins and ½ cup of water. Combine well and boil until tapioca is cooked - 25 minutes.

Gradually stir part into 2 slightly beaten egg yolks. Stir back into mixture and cook for 2 mins., stirring constantly. Cool to lukewarm and add ½ tsp. vanilla and ¼ cup nuts.

Put in cooked shell and cover with meringue. Let stand at room temp. until set before serving.

—Catherine Kennedy

### PRIZE WINNING CHERRY PIE

- |   |   |   |                   |
|---|---|---|-------------------|
| 2 | 15 oz. cans or 2½ cups thawed, frozen cherries) | ⅛ | tsp. salt         |
|   |   | 2 | tbps. lemon juice |
| 3 | tbps. cornstarch                                | 1 | tbps. butter      |
| ¾ | cup sugar                                       |   |                   |

Drain, reserve ¾ cup juice and heat in sauce pan while mixing cornstarch with 3 tbps. cold juice. Slowly add cornstarch mixture and cook till thick, add sugar to hot mixture, cook for several minutes and remove from heat. Stir in salt, lemon juice and butter and pour over drained cherries. Cool. Pour in unbaked pie shell and bake in hot oven until brown.

—Mrs. Margaret Anderson,  
Calgary, Alberta

### PINEAPPLE CHIFFON PIE

- |    |                               |   |                   |
|----|-------------------------------|---|-------------------|
| 1  | tbps. gelatine                | 4 | eggs              |
| ¼  | cup cold water                | ¼ | tsp. salt         |
| 1¼ | cups canned crushed pineapple | 1 | tbps. lemon juice |
| ½  | cup sugar                     |   |                   |

Soak gelatine in cold water. Beat egg yolks slightly and add ¼ cup sugar, pineapple, lemon juice and salt. Cook on low heat until it thickens. add gelatine, stir and cool. When mixture begins to thicken fold in stiffly beaten egg whites to which ¼ cup sugar has been added. Pour into baked shell and cover with whipped cream.

—Mrs. John Haugaard

### EGG NOG PIE

- |   |                           |   |                           |
|---|---------------------------|---|---------------------------|
| 1 | tbps. gelatine            | 3 | stiffly beaten egg whites |
| ¼ | cup cold water            | 6 | tbpsps. sugar             |
| 3 | slightly beaten egg yolks | 1 | tsp. rum flavoring        |
| ½ | cup sugar                 |   | Chocolate wafer crust     |
| ¼ | tsp. salt                 |   | Whipped cream             |
| 1 | cup scalded milk          |   |                           |

Dissolve gelatine in cold water. Combine beaten egg yolks, sugar and salt. Gradually add scalded milk and cook in double boiler until thickens.

Add gelatine, stir and set aside in cool place to thicken.

Beat egg whites and gradually add 6 tbpsps. sugar. Fold into cooled gelatine mixture. Pour into:

#### CHOCOLATE WAFER CRUST:

- |    |                       |
|----|-----------------------|
| 20 | chocolate wafers      |
| 6  | tbpsps. melted butter |

Crush wafers and blend with melted butter. Press into pie plate.

Pour in filling and top with whipped cream.

### WEIGHTY PROBLEM

Its' such a shame, but I find that,  
What tastes the best goes to fat;  
Why couldn't it just go to bone,  
And leave the rest of me alone?

## **CAMEO CONFECTIONERY**

**OPEN EVERY DAY**

Phone 223-2146

Taber, Alberta

Fully Modern

Fully Licensed

**MEET YOUR FRIENDS AT**

## **THE ROYAL HOTEL**

Phone 223-2234

Taber, Alberta

## **TABER HARDWARE**

**PAINT - HARDWARE  
SPORTING GOODS**

Phone 223-2036

Taber, Alberta

HERE'S WISHING YOU GOOD COOKING

## **Wallace McDonald & Sons Ltd.**

**CHEVROLET - OLDSMOBILE - CHEVROLET TRUCKS**

Taber, Alberta

# SALADS AND SALAD DRESSINGS

## SALAD DRESSING

- |   |                |   |             |
|---|----------------|---|-------------|
| 1 | cup sugar      | 4 | eggs        |
| 1 | tblsp. mustard | 1 | cup vinegar |
| 1 | tsp. salt      | 1 | cup milk    |
| 1 | tblsp. flour   |   |             |

METHOD—Mix dry ingredients, and add eggs (well beaten) then add milk and vinegar.

Put in double boiler and cook until well done.

—Phoebe Oddie

## COLE SLAW DRESSING

Boil 1 cup sugar, 1 cup vinegar, 1 tsp. celery seed; let cool; then add vegetable oil ( $\frac{1}{3}$  cup) or more.

( $\frac{1}{4}$  tsp. dry mustard for nipper dressing.)

Store in fridge, will keep indefinitely.

—Mrs. McKerlie

## TWENTY-FOUR HOUR SALAD

- |   |              |   |                |
|---|--------------|---|----------------|
| 2 | eggs         | 3 | tblsp. vinegar |
| 4 | tblsp. sugar | 1 | tblsp. butter  |

Cook like mayonnaise then chill in fridge.

While cooling prepare:

- |               |                             |   |                                |
|---------------|-----------------------------|---|--------------------------------|
| 2             | lbs. Malaya grapes 'seeded' | 1 | tin Mandarin oranges, drained  |
| $\frac{1}{2}$ | lb. marshmallows            | 1 | tin crushed pineapple, drained |

Add 1 cup whipped cream to dressing; fold into mixture; put into mould and chill twenty-four hours.

—Irene Kullberg  
Pres. Federated Group.

## LUNCHEON SALAD

Arrange in crisp lettuce cups - cooked diced chicken, celery, olives, pineapple and bananas, (all diced).

Moisten with mayonnaise dressing. Serve with brown bread and butter sandwiches.

—Phoebe Oddie

## COTTAGE CHEESE SALAD

- |   |                       |   |                         |
|---|-----------------------|---|-------------------------|
| 2 | lemon jello           | 1 | cup cream (not whipped) |
| 2 | cups water            | 1 | lb. cottage cheese      |
| 2 | tblsp. grated carrots | 1 | cup Miracle whip        |
| 2 | tblsp. grated onions  |   |                         |

METHOD—After jello has set a bit, whip and add other ingredients.

—Mrs. Myron Kemper,  
Chin, Alberta

### JELLY SALAD

1 pkg. lime jello, 2 cups boiling water, melt 18 marshmallows, add 1 cup Miracle Whip; let thicken; then add 1 cup celery, diced; 1 cup crushed pineapple, 1 cup pecans.

—Doris Enman

### APPLE AND PEA SALAD

3 cups diced unpeeled apples, 1 15 oz. tin peas (well drained), pinch of salt. Enough Miracle whip to make a creamy salad.

This is very good to serve with roasts.

—Olive Turnbull

### LAYER JELLO SALAD

#### RED LAYER

Dissolve one regular size (3 oz.) package Strawberry jello in 1 cup of hot water, add 3/4 cup of cold water, chill until set.

#### WHITE LAYER

Dissolve one regular size (3 oz) package Lime jello in 1 cup of hot water, add 3/4 cup of cold water, chill until slightly thickened. Whip 1 package of Dream Whip according to its directions. Fold 1 cup of prepared Dream Whip into the 1/2 cup of slightly thickened Lime jello. Pour over Strawberry jello in mould. Chill until almost firm. Cover and refrigerate remaining Dream Whip.

#### GREEN LAYER

Chill remaining Lime jello until slightly thickened, fold in one 20 oz. can drained pineapple tidbits, pour over jello in mould. Chill until firm, unmould. Just before serving pile remaining Dream Whip on top.

—Esther How

### SALAD DRESSING

2	eggs	1	tblsp mustard (dry)
3/4	cup sugar	2	tblsps. cornstarch
1	cup milk		salt and pepper to taste
3/4	cup vinegar		butter, size of egg
1/4	cup water		

Cook until thick in heavy kettle. Stir while cooking.

—Geneva Fenton

### SALAD

1	pkg. lemon jello	3/4	cup grated cheese
1/2	cup boiling water	1	cup cream whipped
2	cups crushed pineapple		juice of one lemon
1/4	cup sugar		

Dissolve jello in boiling water, pineapple pulp and juice, add sugar and lemon juice, chill, when slightly thickened fold in grated cheese and cream. Turn into moulds. Chill until firm, unmould on crisp lettuce. Garnish with mayonnaise.

—Mrs. Ken Powell



For Fast Starting, Better Gas Mileage  
Less Stalling and Smoother Operation

## USE BLENDED 99 GASOLINE

Try it today at . . .

## JOHNNIES SERVICE

Phone 223-2181

Taber, Alberta



## ALBERTA DEPARTMENT OF AGRICULTURE

— OFFERS THESE SERVICES —

**Home Economics Division** - Advisory services to women's groups and individual assistance to homemakers by District Home Economists and Specialists in Foods, Clothing, Home Designing and Home Management.

**School of Home Economics** - offer a course extending over one or two winter terms for girls interested in securing training for immediate employment and in learning what is new in the field of homemaking.

**4-H Clubs** - Projects in Foods, Clothing, Gardening and Home Decorating provide valuable training for girls 12 to 21 years of age.

For further information  
Contact your District Home Economist  
or

## ALBERTA DEPARTMENT OF AGRICULTURE

Edmonton, Alberta

Hon. L. C. Halmrast,  
Minister.

R. M. Putnam  
Deputy Minister

### JIFFY SALAD DRESSING

Beat together 1 tsp. dry mustard, 1 tsp. salt and 2 eggs or 4 egg yolks. Add 1 can sweetened condensed milk and 1 cup of vinegar. Beat well. A pinch of onion or celery salt adds to the flavor. Thickens quickly. Makes approximately 1 qt. Keeps in refrigerator.

—Peg Broadfoot

### CHICKEN GUMBO SALAD

1 pkg. lemon jello, dissolve in  $\frac{1}{2}$  cup boiling water and cool, then add 1 can chicken gumbo soup, 3 tbsps. chopped green pepper, 3 tbsps. chopped onion,  $\frac{1}{2}$  cup diced celery,  $\frac{1}{2}$  cup miracle whip and 1 tin tuna fish flaked.

Combine and fold in  $\frac{1}{2}$  cup whipped cream. Pour into molds and refrigerate.

—Marg Boyle

### LIME SALAD WITH SHRIMP SAUCE

2 pkgs. lime jello dissolved in 3 cups boiling water. Cool, whip and add  $1\frac{1}{2}$  pkgs. (small) cottage cheese, 1 tbsp. grated onion and lemon juice to taste, 2 tbsps. mayonnaise, 2 tbsps. horse radish. Let set.

#### SAUCE:

$\frac{1}{2}$  cup mayonnaise  
 $\frac{1}{2}$  cup whipped cream

$\frac{1}{2}$  cup celery and cucumber  
 $\frac{1}{2}$  cup shrimp (could use more)

Chill and serve over salad.

—Wanda Fletcher

### SALAD DRESSING

2 eggs, well beaten  
2 cups white sugar  
4 level tsp. mustard  
 $2\frac{1}{2}$  level tsp. salt

4 heaping tsp. flour  
1 cup cider vinegar  
 $1\frac{1}{4}$  cups water  
2 tbsps. butter

Mix dry ingredients well, add eggs, vinegar and water. Cook in double boiler until thick. Stir, take from heat and add butter, beating in well. (If desired add a little cream to mixture as it is used.)

—From Ontario

### GREEN AND WHITE SALAD

Dissolve 1 pkg. lemon jello in 1 cup hot water. Beat till light and cool. Whip  $\frac{1}{2}$  pint cream and add to jello. Add 1 pint cottage cheese. Put half in pan and chill.

Dissolve 1 pkg. lime jello in 1 cup hot water. Add 1 can crushed pineapple (juice too). Let set a little and put on top of white in dish. Let set and add rest of white mixture, chill.

—Catherine Kennedy

### FRENCH DRESSING

1 tsp. salt  
dash paprika  
 $\frac{1}{2}$  cup vinegar

5 tbsps. tomato catsup  
 $\frac{3}{4}$  cup salad oil  
3 tbsps. grated onion

Shake well. Yield  $1\frac{1}{2}$  cups.

—Mrs. Norma Cleland

### LIME JELLO SALAD

Dissolve 1 pkg. lime jello in  $1\frac{1}{2}$  cups boiling water. When starting to jell add:  $\frac{1}{2}$  pint cottage cheese and  $\frac{1}{2}$  cup mayonnaise.

Beat well with electric beater or hand beater. One small can crushed pineapple may be added also.

—Mrs. Winnie Vik

### PINEAPPLE SALAD

- |   |                       |               |                    |
|---|-----------------------|---------------|--------------------|
| 1 | pkg. pineapple jello  | $\frac{1}{4}$ | cup chopped celery |
| 1 | cup crushed pineapple | 1             | cup whipped cream  |
| 1 | cup grated carrots    |               |                    |

Dissolve jello and cool until slightly thick, add pineapple, carrots and celery and  $\frac{3}{4}$  of whipped cream. Garnish with remaining whipped cream and maraschino cherries.

—Mrs. Norma Cleland

### CANNED FRUIT SALAD

- |   |                 |   |                                  |
|---|-----------------|---|----------------------------------|
| 6 | peaches         | 1 | can diced pineapple              |
| 6 | pears           | 1 | small bottle maraschino cherries |
| 1 | ripe canteloupe |   |                                  |

Cube all the fruit and blend well with 1 cup sugar to 3 cups fruit. Place in earthenware bowl and let stand 6 hours or overnight. Then add cherries and place fruit mixture in hot sterilized jars. Process for 15 mins.

### MOLDED FRUIT 'N' WALNUT SALAD

- |               |                                   |               |                     |
|---------------|-----------------------------------|---------------|---------------------|
| 1             | can sliced pineapple              | 1             | medium apple        |
| 1             | pkg. lemon jello                  | $\frac{1}{3}$ | cup chopped walnuts |
| 2             | tbps. lemon juice                 |               | Lettuce cups        |
| $\frac{1}{4}$ | cup pimiento-stuffed green olives |               |                     |

Drain syrup from pineapple and add water to make  $1\frac{3}{4}$  cups liquid. Heat and dissolve jello in it. Add lemon juice and cool. Slice olives and dice pineapple and apple. When jello has slightly thickened fold in olives, fruits and walnuts. Turn into individual molds and serve on cups of lettuce.

### FLUFFY COLESLAW SALAD

- |               |                    |               |                              |
|---------------|--------------------|---------------|------------------------------|
| 1             | lemon jelly powder | $\frac{1}{4}$ | tsp. salt                    |
| 1             | cup hot water      | $\frac{1}{2}$ | cup grated carrots           |
| $\frac{1}{2}$ | cup cold water     | $\frac{1}{2}$ | cups finely shredded cabbage |
| 2             | tbps. vinegar      | $\frac{1}{4}$ | cup diced celery             |
| $\frac{1}{2}$ | cup mayonnaise     | 1             | tbps. minced onion           |

Pour hot water over jelly powder, stir until dissolved. Add cold water, vinegar, mayonnaise and salt. Beat until well blended. Pour into ice cube tray and chill. Then turn into mixing bowl and beat until fluffy, fold in vegetables. Pour into lightly oiled mould and chill.

This light vegetable salad is ideal for lunches or to serve at an evening bridge.

## **Revelstoke Building Materials Ltd**

**MARTIN SENOUR PAINTS  
AND HARDWARE**

Phone 223-2424

FOR SMALL HOUSEHOLD ITEMS, GIFTS AND TOYS.  
SHOP AT THE

**TABER 5c TO \$1.00 STORE LTD.**

Taber, Alberta

## **PETRIE'S PANTRY**

**GOOD FOOD — TAKE-OUT SERVICE**

Phone 223-2313

No. 3 Highway, Taber

## **HENRIETTE'S BEAUTY SHOP**

**Specialized Hair Styling  
Permanent Waving and Hair Coloring**

Phone 223-3131

Taber, Alberta

# SOUPS

## HOMEMADE TOMATO SOUP

1 can or 1 quart of canned tomatoes, heat to boiling point. Add salt and pepper to taste. To boiling tomatoes add  $\frac{1}{2}$  tsp. baking soda and quickly pour in 2 cups milk. Heat and serve warm.

—Audrey Smith

## CELERY SOUP

- |   |                    |
|---|--------------------|
| 1½ cups of chopped celery,<br>stalks and leaves | 1½ tsp. salt       |
| ¼ cup rice                                      | ⅛ tsp. pepper      |
| 1 small onion                                   | 3½ cups cold water |

**METHOD**—Boil until thick - for about 20 minutes, or until rice is cooked. Add 1½ cups of milk and 1 tbsp. of butter. Heat until butter is melted and serve. **Do not boil.**

—Grace Fabbri

## VEGETABLE SOUP

- |                              |                          |
|------------------------------|--------------------------|
| 3 to 4 lb. soup bone         | 2 cups canned tomatoes   |
| 2 qts. cold water            | 2 med. carrots, shredded |
| 1 onion chopped              | ½ cup turnips, shredded  |
| ½ cup pot barley             | 2 med. potatoes, diced   |
| 1 cup diced celery or leaves | salt and pepper to taste |

Cut part of the meat from bone and brown in pan. Place meat and bone in a kettle, add cold water, salt, onion and pot barley. Bring to point of boiling and simmer for 2 hrs. Add rest of the vegetables and simmer for 1 hr. more. This soup is very good when cooled and reheated. Makes about 4 qts. of soup.

## BEEF VEGETABLE SOUP

One beef soup bone, cover with water and simmer 3 hours. Put through food chopper and add to beef bone: 3 or 4 potatoes, 3 or 4 carrots, 1 good sized onion, 3 or 4 stalks of celery. Salt and pepper to taste,  $\frac{1}{2}$  tsp. chilli powder. Simmer 1 hour. Add one package of ribbon noodles 15 minutes before serving.

—Mrs. Martha McKnight

## QUICK POTATO SOUP

- |                             |                |
|-----------------------------|----------------|
| 3 cups cubed potatoes (raw) | 4 cups milk    |
| 2 tbsps. chopped onions     | 1½ tsp. salt   |
| 2 tbsps fat                 | dash of pepper |
| 1½ cups boiling water       |                |

Cook potatoes, onions and fat in water until tender. Add milk, salt and pepper and bring to a boil.

## **CHINOOK SERVICE**

**Complete Repair Service to  
CARS - TRUCKS - TRACTORS**

**Service Station**

Phone 223-3063

Taber, Alberta

## **ROBINSON STORES**

**PHONE 223-2156**

**TABER, ALBERTA**

## **KUNI'S SERVICE**

**Repairs to All Makes of  
Cars - Trucks - Tractors**

**B.A. GAS & OIL — GOODYEAR TIRES**

P.O. Box 219

Phone 223-8040

Taber, Alberta

## **THE REX COFFEE SHOP**

**ALL HOME COOKING**

**We serve officially 100% government inspected meats**

**TRY OUR SOFT ICE CREAM . . . IT'S GOOD**

Phone 223-2075

# TEEN-AGERS' DELIGHTS

## RAINBOW FUDGE

- 4 sqs. semi-sweet chocolate      1 tbsp. butter

Put this in a double boiler and let it melt. Beat well 1 egg, add 1 cup icing sugar, 1 cup coarsely chopped walnuts,  $\frac{1}{2}$  tsp. vanilla. 35 colored marshmallows cut in 4 pieces each. Pour melted chocolate over these and mix well and pour out on waxed paper on which 1 pkg. cocoanut has been spread and work as for loaf until all cocoanut has been worked up, and make it in a roll wrapped in a wax paper, and put in refrigerator. Let stand until very firm, then cut in thin slices and serve. (Keep it in refrigerator.)

—Betty Uyesugi

## TAFFY APPLES

- 2 cups sugar      12 red apples  
 $\frac{1}{2}$  cup light corn syrup      12 wooden sticks  
 $\frac{3}{4}$  cup water      red coloring

Put sugar, corn syrup and water in a saucepan and stir over low heat until dissolved. Cook over low heat until syrup is brittle when tested in cold water. Remove from heat and set over warm water. Add coloring and flavoring and mix well. Have apples on sticks and dip them into the hot syrup. Remove quickly and swirl until syrup covers the apple. Stand upside down on a greased cookie sheet.

—Gail May

## TUNA BURGERS

- 2 7 oz. cans tuna, flaked      1 cup mayonnaise  
 2 cups thinly sliced celery      2 tbsps. lemon juice  
 $\frac{1}{2}$  cup chopped peanuts       $\frac{1}{2}$  cup grated cheese  
 $\frac{1}{2}$  tsp. salt      10 hamburger buns  
 2 tsp. grated onion

Heat oven to 450°. Mix all ingredients, except buns. Split and butter buns and fill with tuna mixture. Wrap each Tuna Burger in aluminum foil. Place in oven and heat 10 to 15 mins. (makes 10.)

NOTE—Tuna Burgers may be prepared ahead of time, wrapped in foil and put in the refrigerator until time to heat.

—Cheryl Kinniburgh

## SNOWBALLS

- 1 cup butter ( $\frac{1}{2}$  lb.) well creamed      1 tsp. vanilla  
 $\frac{1}{2}$  cup sugar      1 cup finely rolled pecans  
 $\frac{1}{4}$  tsp. salt       $2\frac{3}{4}$  or a little more cups flour.

Roll in small balls, bake in oven, 325° for 25 mins. While warm, roll in icing sugar. **Do not brown.**

—Dianne Scheuerman

## FRUIT SHAKE

- 1 banana      1 cup of cold juice

Mash banana, add juice and banana in shaker, mix until creamy. Makes 1 serving. You can use any kind of juice and you can add pop if you want.

—Diana Ross



## CHOCOLATE CAKE

- |   |                 |       |                  |
|---|-----------------|-------|------------------|
| 2 | eggs            | 1     | tsp. baking soda |
| 1 | cup sour cream  | 1 1/2 | cups cake flour  |
| 1 | cup white sugar | 1/4   | tsp. salt        |
| 3 | tbsps. cocoa    | 1     | tsp. vanilla     |

Put contents in large bowl. Beat 5 mins. Bake in 350° oven.

—Carol Vennard

## TOUCHDOWN BUNS

- |   |                                |     |                                 |
|---|--------------------------------|-----|---------------------------------|
| 3 | hard cooked eggs, chopped fine | 1   | tbsp. chopped pickles or relish |
| 3 | tbsps. mayonnaise              | 1/4 | tsp. salt                       |
| 1 | tbsp. chili sauce              | 12  | slices of ham or bologna        |
| 1 | tsp. prepared mustard          | 12  | frankfurter buns, split         |

Combine chopped eggs with mayonnaise, chili sauce, mustard, pickles, and salt. Put a tbsps. or so on centre of each slice of ham or bologna. Fold over so that filling is in centre and insert in bun. Wrap individually and chill well overnight in refrigerator. Makes 12 buns.

—Karen Furukawa

## CREAM TOFFEE

- |   |                  |     |                      |
|---|------------------|-----|----------------------|
| 2 | cups brown sugar | 1/2 | lb. butter           |
| 1 | cup corn syrup   | 1/2 | tin Eagle brand milk |

Mix all ingredients and boil slowly, stirring constantly. It gradually becomes a brown color. Boil, stirring continuously until it forms a hard ball when tested in cold water, and leaves the pan when stirring. Remove from stove and beat until thick. Pour into buttered pan. When cool mark into squares and when cold, break.

—Mrs. Audrey Smith,

## BURNT ALMONDS

- |       |                      |     |           |
|-------|----------------------|-----|-----------|
| 1     | lb. blanched almonds | 2/3 | cup water |
| 1 1/2 | cups sugar           |     |           |

Wash and dry almonds. Mix sugar, water and almonds in heavy skillet (med. heat). Stir until the sugar becomes dry, turn heat down, stir until the sugar melts and the almonds are covered. Then turn the almonds quickly on a greased cookie sheet.

—Dorothy Iskov

## NEVER-FAIL CHOCOLATES

### CENTRES

- |       |            |   |                         |
|-------|------------|---|-------------------------|
| 4     | cups sugar | 2 | tbsp. light white syrup |
| 1 1/2 | cups cream | 2 | tbsp. butter            |
| 1/2   | cup milk   |   |                         |

Stir together over medium heat until dissolved. Cook to soft ball stage. **Do not stir.** Pour on buttered platter and cool.

Various flavors may be added to make different kinds of chocolates, eg.: maple, vanilla, 1 tbsp. cocoa, peppermint, Japanese orange rind ground up, lemon, etc.

Add flavor desired and beat until mixture turns dull. Put in deep freeze for 1/2 hour. Roll in balls.

Melt light chocolate in 150° oven in a covered pan. Beat with hand until cool. Dip centres in chocolate. Let dry on wax paper.

—Frances Bullock,  
Barnwell, Alberta

# YEAST BREADS AND QUICK BREADS

## BANANA, DATE, NUT BREAD

- |               |                |               |                |
|---------------|----------------|---------------|----------------|
| 1             | cup sugar      | $\frac{1}{2}$ | cup sour milk  |
| $\frac{1}{2}$ | cup shortening | $\frac{1}{2}$ | cup raisins    |
| 2             | cups flour     | $\frac{1}{2}$ | cup dates      |
| 1             | tsp. soda      | $\frac{1}{2}$ | cup nuts       |
|               | salt           | 2             | bananas mashed |
| 2             | eggs           |               |                |
- Bake 350° for 1 hour.

—B. Kerkhoff

## LEMON NUT BREAD

- |                 |                         |                 |                     |
|-----------------|-------------------------|-----------------|---------------------|
| 2               | tbps. shortening        | 1 $\frac{1}{2}$ | tbps. baking powder |
| 1               | cup granulated sugar    | $\frac{1}{2}$   | tsp. salt           |
| 2               | eggs                    | $\frac{1}{2}$   | cup milk            |
| 1               | tbps. grated lemon rind | $\frac{1}{2}$   | cup chopped nuts    |
| 1 $\frac{1}{2}$ | cups sifted flour       |                 |                     |

### TOPPING:

- |     |                      |   |                   |
|-----|----------------------|---|-------------------|
| 1/3 | cup granulated sugar | 3 | tbps. lemon juice |
|-----|----------------------|---|-------------------|

Heat oven to 350° - Grease loaf pan 8x4.

Blend shortening and sugar. Add eggs, one at a time, beating well after each addition. Stir in lemon rind.

Alternately add sifted dry ingredients and milk, beginning and ending with dry ingredients. Stir in nuts. Spread batter in loaf pan.

Bake in moderate oven for 1 hr. Remove from oven. Let stand 5 mins. in pan, then remove lemon bread to cake rack, standing it upright.

Mix sugar and lemon juice and brush over top of bread with pastry brush until all topping is absorbed.

—B. Kerkhoff

## DATE LOAF

1 lb. dates cut fine, sprinkle with 1 tsp. soda, add 1 cup hot water, let stand, until cool. Add:

- |   |                      |                 |  |
|---|----------------------|-----------------|--|
| 1 | cup brown sugar      | 1               | tsp. baking powder                                     |
| 2 | tbps. butter or lard | 1 $\frac{1}{2}$ | cups flour, a little more may be needed, about 2 tbps. |
| 1 | egg                  |                 |  |
| 1 | tsp. vanilla         |                 |  |

Mix well, bake in moderate oven about 350° until done.

—Mrs. Oliver Marshall

## PLAIN SODA BREAD

- |   |                      |               |            |
|---|----------------------|---------------|------------|
| 2 | good cups flour      | $\frac{1}{2}$ | tsp. salt  |
| 1 | tsp. cream of tartar | $\frac{1}{4}$ | cup butter |
| 1 | tsp. soda            | $\frac{1}{4}$ | cup sugar  |

Enough sour milk or buttermilk to make a soft dough. Mix all together - do not have it too sticky. Knead lightly on floured board. Put in greased pan - bake in quick oven 3/4 hr.

—Mrs. K. M. Queree

## TASTY DATE LOAF

- 4 loaves, keeps well in freezer.
- 2 lb. pkg. dates  
Break up dates in large pan (dutch oven). To this add:
- 3 cups boiling water                      3 tbsps. butter  
3 tsps. soda  
Boil, above, about 1 min. Remove from stove, add:
- 3 cups white sugar                      2 cups chopped walnuts  
3 tsps. vanilla                      4½ cups flour  
3 eggs slightly beaten
- Mix only enough to blend all ingredients. Line four loaf tins with tin foil. Bake in oven 325°, 1½ hrs. Set to cool on sides of loaves.  
This is very good, flavor improves after 24 hrs.

—Gert Scheuerman

## DATE COFFEE CAKE

- (9x12 pan)
- |                     |                       |
|---------------------|-----------------------|
| 4 tbsps. shortening | 4 tsps. baking powder |
| 1 cup sugar         | 1 tsp. salt           |
| 2 eggs              | 1 cup milk            |
| 3 cups flour        | 1 cup chopped dates   |
- Dot on top, mixture of:
- |                 |                 |
|-----------------|-----------------|
| ½ cup sugar     | 4 tbsps. butter |
| 1 tsp. cinnamon |                 |
- Bake 350° - 40 mins.

—Phyllis Kunst

## BUTTERSCOTCH ROLLS

- |                     |                       |
|---------------------|-----------------------|
| 4 tbsps. butter     | ¾ tsp. salt           |
| ¼ cup sugar         | 4 tsps. baking powder |
| 2 cups sifted flour | 2/3 cup milk          |
- Melt butter, add sugar, beat smooth. Prepare dough as for baking powder biscuits. Roll one half inch thick, spread with filling made with 2/3 cup brown sugar and 3 tbsps. soft butter. Roll up as for jelly roll. Cut in one inch pieces. Place in greased pan, cut side down. Brush top with melted butter. Bake in hot oven about 25 mins.

—Jeanette Jorstad

## CURRANT TEA CAKE

- 375°, 20 - 25 mins. Yield approx. 16 squares.
- |                                  |                       |
|----------------------------------|-----------------------|
| ¼ cup shortening                 | 2 tsps. baking powder |
| 1 cup white sugar                | ½ tsp. salt           |
| 1 egg                            | ½ cup milk            |
| 1½ cups sifted all-purpose flour |                       |
- Cream shortening, add white sugar and egg. Beat. Add milk and sifted dry ingredients, alternately. Mix lightly. Pour into greased 8x12 pan. Sprinkle with the following:
- |                 |                   |
|-----------------|-------------------|
| 1 cup currants  | ½ cup brown sugar |
| 1 tsp. cinnamon |                   |
- Serve hot with butter.

—Mrs. L. J. Wright

## BUTTERHORNS

- |     |                |   |              |
|-----|----------------|---|--------------|
| 2   | pkgs. yeast    | 1 | tblsp. sugar |
| 1/2 | cup warm water |   |              |

Mix yeast and sugar, stir while adding water. Let stand 10 mins.

- |     |                   |   |             |
|-----|-------------------|---|-------------|
| 2   | cups scalded milk | 1 | tsp. salt   |
| 1/2 | cup sugar         | 6 | cups flour  |
| 1   | cup butter        | 1 | egg, beaten |

Heat milk, let butter and sugar dissolve in milk until lukewarm. Put flour in a bowl, add egg. Add other ingredients and beat well.

Let rise 1 hr. Stir down gently, and let rise again. Roll out half of dough on well floured board to 1/2 in. thick. Spread with soft butter, roll up and slice 1 in. thick. Place on greased cookie sheet and pat down. Bake 20 mins. at 375°. Repeat other half.

Ice with butter icing while hot and sprinkle with nuts.

Makes 3 dozen.

—Mrs. Audrey Smith

## QUICK, RICH DINNER ROLLS

- |       |                        |         |                         |
|-------|------------------------|---------|-------------------------|
| 1 1/4 | tsps. salt             | 1       | cup lukewarm water      |
| 4     | tsps. sugar            | 1       | tsp. sugar              |
| 1     | tblsp. butter          | 2       | eggs, well beaten       |
| 1     | cup scalded milk       | 6 1/2-7 | cups sifted bread flour |
| 2     | pkgs. dehydrated yeast |         |                         |

Scald milk, add salt, butter and four tsps. sugar. Set aside to cool until lukewarm. Add the 1 tsp. of sugar and yeast to lukewarm water. Allow to dissolve in a warm place for 15 mins. To the lukewarm milk and butter mixture add the well beaten eggs and the dissolved yeast. Stir in enough flour to make soft dough. Knead lightly on floured board until smooth. Set dough in a greased bowl. Cover in a warm place to double in bulk. Punch down and knead lightly again. Cut dough with scissors and shape into rolls. Place on greased cookie sheet and allow to rise until doubled in bulk. Bake in hot oven 450° for 15 mins.

Makes 2 doz. medium rolls.

—Bula Kerkhoff

## FILLED BUNS

Cream together:

- |     |            |     |           |
|-----|------------|-----|-----------|
| 1/4 | cup sugar  | 1/4 | tsp. salt |
| 1/4 | cup butter |     |           |

Add 1 beaten egg and 1/3 cup lukewarm milk. Add 1 cup sponge, pinch of cinnamon or nutmeg and few drops of lemon extract. Add 2 cups flour and knead to soft dough. Place in well greased bowl, in warm place until double its bulk, about 1 1/2 hrs. Knead down, make into small balls about 1 oz., place in pan 1/2 inch apart. Rise until double in size. Make hole in top and fill with jelly or jam. Bake 400°.

### SPONGE RECIPE:

Soak 2 envelopes dry yeast in 1/2 pint lukewarm water for 15 mins. Dissolve 1 tblsp. sugar in 1 pint milk, add to dissolved yeast. Add 1 qt. bread flour. Beat thoroughly, cover and let rise. This makes 5 to 6 cups sponge.

—Minnie Rintoul

## BISMARCKS

- |     |                    |   |              |
|-----|--------------------|---|--------------|
| 2   | pkgs. yeast        | 1 | tblsp. sugar |
| 1/2 | cup lukewarm water |   |              |

Mix yeast and sugar and stir it while adding water. Let rise about 10 minutes.

- |       |            |     |               |
|-------|------------|-----|---------------|
| 2     | cups milk  | 1   | tsp. salt     |
| 1/2   | cup butter | 2   | eggs (beaten) |
| 5 1/2 | cups flour | 1/2 | cup sugar     |
- dab of nutmeg or for best  
flavor results, 1/4 tsp. cadamum  
seeds (ground)

Heat milk and let butter melt in milk. Let cool until lukewarm. Put flour in a bowl and then add all other ingredients. Beat well for a few minutes. Let rise in warm place until dough doubles. Make small buns, about size of an egg and set out on greased and floured sheet. Let rise like buns. Boil in hot grease like you would doughnuts. Handle very carefully when placing them in the grease so they do not fall. While still warm roll in sugar. After cooled slit a bit and fill with jam. This makes about 3 dozen bismarks.

—Mrs. Leonora Dainard,  
Raymond, Alberta

## PLAIN ROLLS

- |       |                              |     |                                     |
|-------|------------------------------|-----|-------------------------------------|
| 8     | cups sifted flour            | 2   | tsp. sugar                          |
| 2 1/4 | cups water                   | 1/2 | cup sugar                           |
| 2     | pkgs. yeast dissolved in 1/2 | 4   | tblsps. soft shortening or (mazola) |
|       | cup warm water               | 2   | eggs well beaten (or 4 egg          |
| 2     | tsp. salt                    |     | whites)                             |

NOTE: For whole wheat rolls use 4 cups sifted flour and 4 cups fine whole wheat flour.

Dissolve yeast in 1/2 cup water to which 2 tps. sugar has been added. Beat eggs, sugar, salt and shortening together, add yeast (when dissolved) and water. Beat all together and add to flour. Knead. Place in fridge. Mold buns as needed. Let rise until double in size, sometimes as long as 4 hrs.

—Catherine Kennedy

## BUTTERFLY BUNS

Put into a large bowl:

- |     |                |   |           |
|-----|----------------|---|-----------|
| 1/4 | cup sugar      | 1 | tsp. salt |
| 2   | tblsps. butter |   |           |

Pour over 1 cup boiling water. Dissolve 1 yeast-cake in 1/2 cup lukewarm water. Have ready 1 beaten egg.

When the first mixture is lukewarm, pour in the yeast and beaten egg. Gradually add 4 cups flour, knead into a soft dough, cover and put in fridge overnight.

In morning bring out and set in warm place to rise for 1 hr. Place on floured board and roll to 1/4" thick. Cut into 8 strips, placing 4 strips together. Cover with soft butter before cutting the strips. Cut off a good inch and lay butter side down in greased muffin tins. Let rise 2 hrs. and bake 25 mins. in 400° oven.

—Mrs. J. P. Gregory

NOTES

**IRRIGATION MOTORS LTD.**

**MERCURY - LINCOLN - METEOR CARS  
MERCURY TRUCKS**

**SALES AND SERVICE**

**Taber, Alberta**

**CHINOOK BELT ADVERTISER**

**D. W. (Don) FRETTS**

**JOB PRINTING — ADVERTISING**

**Rex Theatre Building**

**Phone 223-3295**

**5315 - 46th Avenue**

## INDEX

Cakes and Icings .....	3
Cookies .....	9
Desserts .....	18
Foods from Far-a-way Lands .....	22
Hot Dishes .....	25
Oriental Dishes .....	34
Pickles, Relishes and Jams .....	37
Pies .....	42
Salads and Salad Dressings .....	46
Soups .....	52
Teen-agers' Delights .....	54
Yeast Breads and Quick Breads .....	56



